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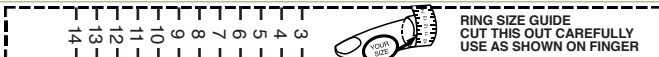
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ROAD WARRIORS

Chris Boyd of St. James, Mo., welcomes Legacy Run riders as they arrive at the Missouri Veterans Home on Aug. 18. See more coverage of The American Legion Legacy Run online.

 www.legion.org/riders

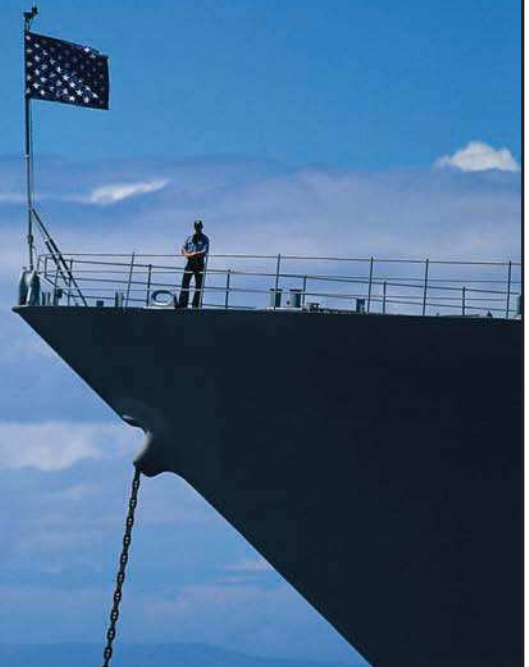
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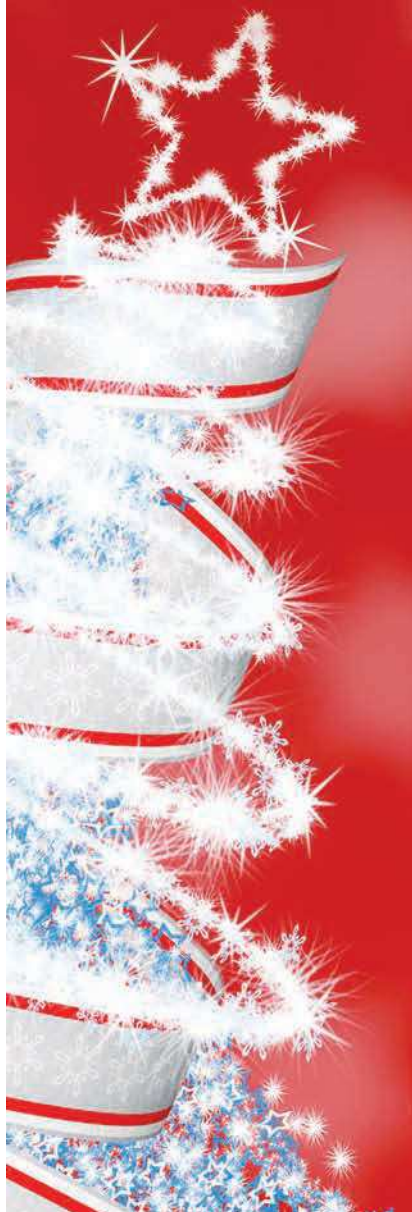


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'The Siege of Khe Sanh'

The article by John Prados (September) was very interesting, as I spent eight months at Khe Sanh and the surrounding hills with the 3rd Battalion, 26th Marines. During the Tet Offensive, I was attached to India Company and spent 103 days on Hill 881S. This article brought out numbers of which we troops weren't aware. All we knew was that we had to hold the hill. As a wireman/radio operator, I found out from radar aircraft that we were surrounded by thousands of North Vietnamese Army soldiers. We listened on the radio the night Lang Vei was overrun. Also, Hill 861 had to fight the NVA in its trenches one night, and we supported them with our mortars.

Those were some harrowing days. Thank you for such a great article. I was in the picture with Chaplain Ray Stubbe, second from the left.

– Jerry Higgins, Fayetteville, Ga.



Photo by Dick Swanson/Time-Life Pictures/Getty Images

John Prados maintains that the primary strategic motivation for the allied effort at Khe Sanh was to anchor the westernmost sector of a sophisticated system of defenses just below the DMZ. This thesis ignores most credible accounts of the overriding reason to reinforce and defend the Marine combat base, including Gen. William Westmoreland's explanation of the rationale for the decision. His overarching strategy for prosecuting the war was combat attrition, the only viable strategy he could employ given political and military constraints. Rather than a reaction to intelligence information centered on defense of a strategic asset, the NVA's planned assault on Khe Sanh represented a golden opportunity for Westmoreland to destroy enemy units as never before. The fact that the Khe Sanh base was of negligible strategic importance other than to draw the enemy into a vulnerable posture was underscored by the decision to abandon the base a few months after the battle.

– Greg Sanders, Cambria, Calif.

'Hot Dogs and Higgins Boats'

What a thrill to see the article about Jerry Strahan and the restoration of PT-305 (September). I was in New Orleans last year and was lucky enough to get the cook's tour. My father, Lt. Bruce D. Burleigh, was the squadron surgeon for Ron 22 and would have been on all the boats. He'd be proud to know he will live on in the museum.

PT-305's companion, PT-309, is preserved in the National Museum of the Pacific War in Fredericksburg, Texas. Who would have imagined that two boats from the same squadron would survive for 70 years to be seen by museum visitors?

– Andy Burleigh, Greer, S.C.

In December 1952, a crew of 66 men and officers assembled to man a new construction in New Orleans. MSO 439, USS *Excel*, was commissioned in February 1953 out of the Higgins shipyard. We rode that beauty through the Panama Canal to Long Beach, Calif., and on to Sasebo, Japan, Hong Kong and Korea. Never a leak.

– Ray Hartman, Anaheim, Calif.

'Why They Fought'

Ben Barber's article (September) brought back memories. I volunteered for the machine-gun platoon so I could mow down commies advancing in waves; I was young and not very bright. After months of basic and specialized training, I shipped out to Korea with a stop in Japan. There, the Army decided to send me to specialist school to convert me to a radio operator, which was my job in Korea.

It was heartening to read about South Korea's skyscrapers, booming economy and \$1 billion in aid to poor nations. In 2003, at the Great Lakes International Regional Korean War Commemoration, a retired ROK major general presented me and other Korean War veterans with a medal and certificate for our service. As DoD told us, America's sons and daughters "answered the call to defend a country they never knew and a people they never met."

— Robert Bickmeyer, Troy, Mich.

I was a Navy corpsman scheduled to be discharged when the Korean War began, but President Harry Truman put a freeze on discharges. It ruined all my plans – college, employment, marriage. I was transferred to *General M.C. Meigs*, a troop transport. After three months, my girlfriend sent me a Dear John letter.

After reading this inspiring article on the success of South Korea, I feel that all the pain I suffered was justified. My life wasn't over. It just changed.

— Ralph A. Pisano, Capistrano Beach, Calif.

'Quiet Crisis'

Regarding the article by Ken Olsen (September), there are no awards, medals or ribbons for the horror I was asked to endure. It is barely mentioned by the military, and VA does little to deal with it. I am talking about hazing and military sexual trauma. This is why there is such a high suicide rate among noncombat veterans.

Until MST is discussed, and hazing is beyond "sucking it up," the suicide rate will not go down. How long until we admit that sometimes the enemy is in our own ranks? Now that there are more of us who have dealt with this, we should speak up and reach out. Otherwise, we are just as guilty as those who did nothing for us but knew.

— Jason S. Rowell, Roseville, Calif.

Change in 'veteran' status

I agree it's unfair that reserve and National Guard retirees are not granted veteran status after serving for more than 20 years (Veterans Update, September), but they have commissary and base privileges that most veterans aren't granted. After serving for 12 years – having been sent to Bosnia, the Middle East and Africa, providing support for President Bill Clinton and classified deployments, along with many other trips – I am not afforded the opportunity to shop at the BX/PX or the commissary. Active-duty personnel who don't serve 20 years are granted veteran status, but not much else. Many things are unfair with our current setup.

— Richard Braughton, Hot Springs, Ark.

After spending 39 and a half years in the Army Reserve, I receive retirement pay, get my medical coverage through TRICARE and have access to military commissaries. What am I? I am not eligible for any veterans benefits because I never had 180 consecutive days of active duty, so I'm not a veteran. But because of my years of training and experience, I know I am more than a civilian. Somehow, "military retiree" doesn't quite reflect my dedication to the Army or America. Trying to explain my status to civilians just leaves them scratching their heads, and me mine. Hopefully this limbo will be eliminated soon.

— Peter M. Habel, Jackson, Wis.

Sometimes you read an article that makes you want to grab someone by the lapels and just shake him. And the person I want to shake is Sen. Richard Burr, who previously held up this measure because of his "fears the new status would inevitably lead to more benefits and higher costs for VA." So what? In a country where so many get handouts merely for living here, are we to deny a VA benefit to Guardsmen because we were fortunate enough not to have a situation where they needed to be activated? As a U.S. citizen who lived under the umbrella of safety that both the active and reserve forces provided, I couldn't care less that they never joined me in the Vietnam War or any other action of the past 50 years.

— Keith R. Stanton, Macomb, Mich.

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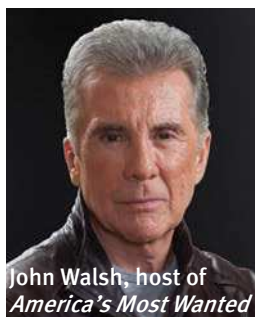
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Emergency aid is 'what the Legion does'

A year ago, Legionnaires along the East Coast were picking up pieces, sorting through debris and replacing water-soaked drywall after Superstorm Sandy unleashed its wrath. The American Legion was there, providing financial assistance, food, drinks, shelter and support for those in need.

On the south shore of Long Island, Babylon Post 94 volunteers served meals, delivered canned goods to victims and organized fund drives.

In Windsor, N.J., Hightstown Post 148 became an emergency shelter for families, children and elderly who were displaced or without power. The post worked with businesses and restaurants to gather and dish out free meals for those in need.

In Maryland, the storm caused a fire that burned down the home of a military family. Again, The American Legion Family responded. Queenstown's Benedict A. Andrew Post 296 and its Auxiliary unit donated \$3,000 to help the family start over.

And that's just Sandy, one disaster in a long line that has included over \$1.7 million in relief for victims of Hurricane Katrina in 2005 and an immediate commitment of \$1 million for those who suffered devastating losses after last spring's tornadoes in Moore, Okla. NEF dollars have indeed been put to the test in recent years. An outbreak of twisters in Alabama. Flooding in Colorado, North Dakota and Illinois. Wherever there has been urgent need, the NEF has been there, delivering grants, serving meals, providing shelter and comfort. Thanks to contributions from Legion Family members and supporters, the NEF has distributed more than \$8 million in aid, one grant at a time, to qualified victims.

Help in times of crisis is one way The American Legion makes significant differences in the lives of veterans, their families and communities. That is why I made the NEF my main fundraising project for this year. To continue helping, we must keep raising funds, every dollar of which goes to those in need.

As I write this today, Legionnaires are at work in Colorado, helping repair damage, getting roads opened and trying to restore some level of normalcy. They are also accepting NEF applications and sending grants to veterans whose lives were turned upside down by the disaster. As much as we pray it won't happen, we know that new catastrophes will strike. Charitable, tax-deductible donations are the only way the NEF continues to soften the blow.

My NEF fundraising goal this year: \$1 million.

You never know when, where or how future emergencies will happen. You can never speculate as to the total cost in damages. One thing is certain, though. Victims will be looking for The American Legion, and The American Legion needs to be there, doing what it does best.

"This is what the Legion does," Department of Illinois Adjutant Terry Woodburn said while helping feed victims and relief workers after devastating floods hit his state last spring. "When any assistance is needed in the community, if it's not the local post stepping up, it's posts around the area coming to the community's assistance. That's just what the Legion does."

I say we keep doing it.




National Commander
Daniel M. Dellinger

Donate to the
National Emergency Fund:

 www.legion.org/emergency

The American Legion
Donation Processing
P.O. Box 1954
Indianapolis, IN 46206

EMERGENCY	GRANTS	PAYOUTS
Tornadoes, Moore, Okla., May 2013	264	\$242,050
Superstorm Sandy, New York and New Jersey, October 2012	429	\$428,087
Hurricane Isaac, New England, August 2012	198	\$170,170
Flooding in Minot, N.D., summer 2011	95	\$105,910
Tornadoes, Alabama, Missouri, Mississippi, Indiana, spring 2011	43	\$68,250
Hurricanes Katrina and Rita, Gulf Coast, August-September 2005	2,105	\$1,705,520

How to Outsmart a Millionaire

Only the "Robin Hood of Watchmakers" can steal the spotlight from a luxury legend for under \$200!

I wasn't looking for trouble. I sat in a café, sipping my espresso and enjoying the quiet. Then it got noisy. Mr. Bigshot rolled up in a roaring high-performance Italian sports car, dropping attitude like his \$14,000 watch made it okay for him to be rude. That's when I decided to roll up my sleeves and teach him a lesson.

"Nice watch," I said, pointing to his and holding up mine. He nodded like we belonged to the same club. We did, but he literally paid 100 times more for his membership. Bigshot bragged about his five-figure purchase, a luxury heavyweight from the titan of high-priced timepieces. I told him that mine was the *Stauer Corso*, a 27-jewel automatic classic now available for **only \$179**. And just like that, the man was at a loss for words.

Think of Stauer as the "Robin Hood of Watchmakers." We believe everyone deserves a watch of uncompromising precision, impressive performance and the most elegant styling. You deserve a watch that can hold its own against the luxury classics for a fraction of the price. You'll feel the quality as soon as you put it on your wrist. This is an expertly-crafted time machine... not a cry for attention.

Wear a mechanical masterpiece for only \$179! Our customers have outgrown the need to show off. They have nothing to prove; they have already proved it. They want superb quality and astonishing value. And that's exactly what we deliver.

The *Stauer Corso* is proof that the worth of a watch doesn't depend on the size of its price tag. Our factory spent over \$40 million on Swiss-made machinery to insure the highest quality parts. Each timepiece takes six months and over 200 individual precision parts to create the complex assembly. Peer through the exhibition back to see the 27-jeweled automatic movement in action and you'll understand why we can only offer the *Corso* in a limited edition.

Our specialty is vintage automatic movements. The *Corso* is driven by a self-winding design, inspired by a 1923 patent. Your watch will never need batteries. Every second of power is generated by the movement of your body. The dial features a trio of complications including a graphic day/night display. The *Corso* secures with a two-toned stainless steel bracelet and is water-resistant to 3 ATM.

Your satisfaction is 100% guaranteed. Test drive the *Stauer Corso*. If you don't love it, send it back within 30 days and we'll refund every dollar of your purchase price. And you're welcome to keep the \$99 sunglasses as our gift! Spending more doesn't make you smarter. But saving thousands on a watch this stunning will leave you feeling (and looking) like a genius!

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Stauer's Corso Timepiece — PLUS Free \$99 Stauer Flyboy Optics™ Sunglasses — only \$179 +S&P

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I AM THE AMERICAN LEGION

HENRY PARHAM

BRANCH OF SERVICE: Army

YEARS: 1942-1945

MOS: Balloon Crewman

RANK AT DISCHARGE: Private first class

DECORATIONS

- Chevalier of the Legion of Honor
- Asiatic-Pacific Campaign Medal
- European-African-Middle Eastern Campaign Medal
- American Campaign Medal
- World War II Victory Medal
- World War II Marksman Badge

AMERICAN LEGION POST

William L. Street Post 736, Pittsburgh

NUMBER OF YEARS IN THE LEGION: 60

VETERANS ACTIVITIES

- Commander, Post 736
- District 32 deputy (1968-present)
- Hospital representative, VA Pittsburgh Healthcare System, University Drive Campus (Oakland)
- VA hospital volunteer (22 years)
- Memorial Day parade coordinator at Allegheny and St. Mary's cemeteries (40 years)

Watch an interview with Henry Parham online:

 www.legion.org/magazine

"The reason I became an American Legion member is because they support and promote the education of veterans (who) want to continue to go to school. The American Legion will do whatever it can to support veterans."



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Now it's easier than ever to experience deep, restful sleep with our SLEEP NUMBER® DualAir™ technology. At the simple touch of a button, you'll find ideal support and exceptional pressure relief on each side—your SLEEP NUMBER® setting.

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Threatening force against Syria



SUPPORT

Rep. Steve Israel, D-N.Y.

■ Israel is chairman of the Democratic Congressional Campaign Committee.

The news of Russia's call for Syria to relinquish its chemical weapons is a positive development. As I've said repeatedly, diplomacy should always be the first preference. It's clear that the credible prospect of force to hold Syria accountable for its use of chemical weapons prompted Moscow to propose a path forward.

Now President Barack Obama should ensure that the path is credible. I have urged the administration to engage Russia and our international partners to ensure that the proposal is a transparent, enforceable and effective way to secure chemical weapons stockpiles so they cannot be used. If it works, we should implement it and not proceed to military strikes.

I strongly hope it succeeds. My objective has always been focused on deterring and degrading Syria's chemical weapons capabilities. Syrian President Bashar al-Assad has used chemical weapons repeatedly. Without a firm response and in the absence of an international agreement, he will feel emboldened to continue doing so.

We also don't want those weapons to fall into the wrong hands – including some elements of the rebel forces. This isn't about one side or the other in Syria's civil war, but about minimizing the chances that any side uses chemical weapons. And it is imperative that we reinforce our message to Hezbollah, Iran and North Korea that there will be consequences for opting to use chemical weapons.

I have consistently helped lead nonmilitary efforts to promote human rights, security and stability within Syria. In 2012, I introduced a bipartisan resolution calling for Assad to be tried before the International Criminal Court, and co-sponsored legislation to impose economic sanctions on the Syrian regime.



OPPOSE

Rep. Chris Gibson, R-N.Y.

■ Gibson is a member of the House Armed Services Committee.

Like so many Americans, I am heartbroken by the loss of life in Syria and outraged by the nation's apparent use of chemical weapons.

Before serving in Congress, I spent 29 years in the military, including tours in Iraq, Kosovo and Haiti. I have seen humanity at its best and worst. Informed by these experiences, my judgment is that a U.S. attack on Syria will make matters worse.

The best way to bring a peaceful resolution to the civil war and prevent the

chemical weapons from falling into the hands of al-Qaida is to stay on the diplomatic track, working with other nations to isolate the Syrian regime and compel them to accept concessions and a mediated settlement. Such an outcome is in the best interests of all concerned: the Syrian people, the region and the United States.

Specific to military force, the president was right to come to Congress before taking action. That's consistent with the Constitution – too often in the past, presidents from both political parties have taken us off to war without the consent of the governed. The bipartisan bill I've introduced – H.R. 383, the War Powers Reform Act – ensures that the American people will always get a voice, through their representatives, on the solemn decision to use military force.

Recent diplomatic progress proves we have not exhausted that option, and these efforts must continue. If we attack Syria, we will escalate the conflict, Americanize the civil war, and potentially endanger our closest friend and ally, Israel. The risks are sizeable, and I disagree with the Obama administration's assessment of these risks. Ultimately, if we vote on authorization to use military force in Syria, mine will be "no."

THE HEART OF THE ISSUE

Supporters say the threat of force against Syria is the best way to prevent further use of chemical weapons. Critics want more diplomacy, opposing U.S. military involvement in the nation's civil war.

CONTACT YOUR ELECTED OFFICIALS

The Honorable (name), U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121

The Honorable (name), U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121

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Fertility and the cancer patient

BY MARK FUERST

New strategies for protecting patients undergoing cancer treatments have helped boost fertility rates among male and female cancer survivors. A woman may be able to preserve her fertility by freezing embryos, eggs or ovarian tissue before she undergoes cancer treatment. Similarly, a man can bank sperm before treatment. In fact, about half the men who bank their sperm are later able to father children through in vitro fertilization (IVF).

"We often see men who have survived testicular cancer, lymphoma or leukemia come to us for fertility treatment. These men are expected to be long-term cancer survivors with a good quality of life," says Marc Goldstein, director of the Center for Male Reproductive Medicine and Microsurgery and surgeon-in-chief of male reproductive medicine and surgery at Weill Cornell Medical Center in New York.

Some 140,000 men and women younger than 45 face cancer diagnoses each year. Many survive while still young enough to have children. Safer chemotherapy and radiation therapy, as well as groundbreaking surgeries, are available for patients who want to preserve their fertility.

Cancer in women Unlike men, who produce sperm throughout their lifetime, women have only a set number of eggs from birth, and that number decreases as they age. Many chemotherapy drugs are toxic and can damage a woman's egg-producing abilities. Combination chemotherapy, which generally uses lower doses of each drug, may be less toxic to the ovaries than that done with individual drugs. After receiving chemotherapy a woman can still conceive naturally, with no increase in the incidence of birth defects. Protection is also available against radiation therapy. Women can protect their ovaries with a procedure called oophoropexy, which surgically positions their ovaries outside the radiation field during treatment.

See **CANCER** on page 17

Do-it-yourself arthritis relief

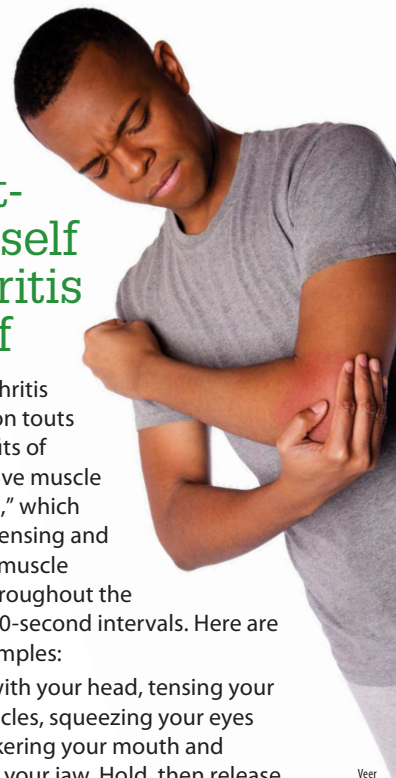
The Arthritis Foundation touts the benefits of "progressive muscle relaxation," which relies on tensing and releasing muscle groups throughout the body for 10-second intervals. Here are some examples:

- "Start with your head, tensing your facial muscles, squeezing your eyes shut, puckering your mouth and clenching your jaw. Hold, then release and breathe."
- "Tense as you lift your shoulders to your ears, hold, then release and breathe."
- "Sit in a comfortable position with eyes closed. Take a few deep breaths, expanding your belly as you breathe air in and contracting it as you exhale."
- "Make a fist with your right hand, tighten the muscles in your lower and upper arm, hold, then release. Breathe in and out. Repeat with left hand."
- "Concentrate on your back, squeezing shoulder blades together. Hold, then release. Breathe in and out."
- Tighten your right hamstring, hold, then release. Breathe in and out. Repeat with left hamstring."
- "Tighten toes on your right foot, hold, then release. Breathe in and out. Repeat with left foot."

Skip areas that cause pain when tensing, the foundation recommends. Read more online.

 www.arthritisfoundation.org

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.



For people with a higher risk of stroke due to Atrial Fibrillation (AFib) not caused by a heart valve problem

I was taking warfarin. But I wondered, could I shoot for something better?

NOW I TAKE ELIQUIS® (apixaban) FOR 3 GOOD REASONS:

- 1 ELIQUIS reduced the risk of stroke better than warfarin.
- 2 ELIQUIS had less major bleeding than warfarin.
- 3 Unlike warfarin, there's no routine blood testing.

ELIQUIS and other blood thinners increase the risk of bleeding which can be serious, and rarely may lead to death.

Ask your doctor if ELIQUIS is right for you.

ELIQUIS is a prescription medicine used to reduce the risk of stroke and blood clots in people who have atrial fibrillation, a type of irregular heartbeat, not caused by a heart valve problem.

IMPORTANT SAFETY INFORMATION:

- **Do not stop taking ELIQUIS without talking to the doctor who prescribed it for you. Stopping ELIQUIS increases your risk of having a stroke.** ELIQUIS may need to be stopped, prior to surgery or a medical or dental procedure. Your doctor will tell you when you should stop taking ELIQUIS and when you may start taking it again. If you have to stop taking ELIQUIS, your doctor may prescribe another medicine to help prevent a blood clot from forming.

- **ELIQUIS can cause bleeding which can be serious,** and rarely may lead to death.

- **You may have a higher risk of bleeding if you take ELIQUIS and take other medicines that increase your risk of bleeding,** such as aspirin, NSAIDs, warfarin (COUMADIN®), heparin, SSRIs or SNRIs, and other blood thinners. **Tell your doctor about all medicines, vitamins and supplements you take.** While taking ELIQUIS, you may bruise more easily and it may take longer than usual for any bleeding to stop.

- **Get medical help right away if you have any of these signs or symptoms of bleeding:**

- unexpected bleeding, or bleeding that lasts a long time, such as unusual bleeding from the gums; nosebleeds that happen often, or menstrual or vaginal bleeding that is heavier than normal
- bleeding that is severe or you cannot control
- red, pink, or brown urine; red or black stools (looks like tar)
- coughing up or vomiting blood or vomit that looks like coffee grounds
- unexpected pain, swelling, or joint pain; headaches, feeling dizzy or weak

- **ELIQUIS is not for patients with artificial heart valves.**

- **Before you take ELIQUIS,** tell your doctor if you have: kidney or liver problems, any other medical condition, or ever had bleeding problems.

Tell your doctor if you are pregnant or breastfeeding, or plan to become pregnant or breastfeed.

- **Do not take ELIQUIS if you** currently have certain types of abnormal bleeding or have had a serious allergic reaction to ELIQUIS. A reaction to ELIQUIS can cause hives, rash, itching, and possibly trouble breathing. Get medical help right away if you have sudden chest pain or chest tightness, have sudden swelling of your face or tongue, have trouble breathing, wheezing, or feeling dizzy or faint.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

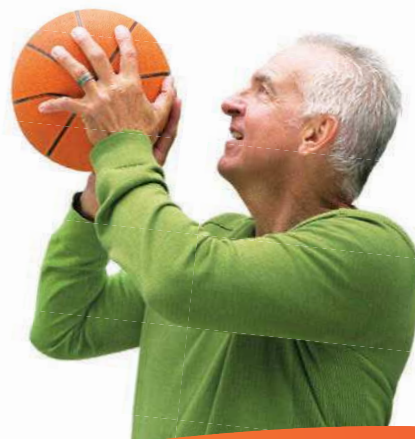
Please see additional Important Product Information on the adjacent page.

Individual results may vary.

**Visit ELIQUIS.COM
or call 1-855-ELIQUIS**

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432U513BR01723-02-01 09/13

Eliquis®
(apixaban) tablets 5mg



IMPORTANT FACTS

Eliquis® / **Rx ONLY**
(apixaban) tablets

The information below does not take the place of talking with your healthcare professional. Only your healthcare professional knows the specifics of your condition and how ELIQUIS® may fit into your overall therapy. Talk to your healthcare professional if you have any questions about ELIQUIS (pronounced ELL eh kwiss).

What is the most important information I should know about ELIQUIS (apixaban)?

Do not stop taking ELIQUIS without talking to the doctor who prescribed it for you. Stopping ELIQUIS increases your risk of having a stroke. ELIQUIS may need to be stopped, prior to surgery or a medical or dental procedure. Your doctor will tell you when you should stop taking ELIQUIS and when you may start taking it again. If you have to stop taking ELIQUIS, your doctor may prescribe another medicine to help prevent a blood clot from forming.

ELIQUIS can cause bleeding which can be serious, and rarely may lead to death. This is because ELIQUIS is a blood thinner medicine that reduces blood clotting.

You may have a higher risk of bleeding if you take ELIQUIS and take other medicines that increase your risk of bleeding, such as aspirin, nonsteroidal anti-inflammatory drugs (called NSAIDs), warfarin (COUMADIN®), heparin, selective serotonin reuptake inhibitors (SSRIs) or serotonin norepinephrine reuptake inhibitors (SNRIs), and other medicines to help prevent or treat blood clots.

Tell your doctor if you take any of these medicines. Ask your doctor or pharmacist if you are not sure if your medicine is one listed above.

While taking ELIQUIS:

- you may bruise more easily
- it may take longer than usual for any bleeding to stop

Call your doctor or get medical help right away if you have any of these signs or symptoms of bleeding when taking ELIQUIS:

- unexpected bleeding, or bleeding that lasts a long time, such as:
 - unusual bleeding from the gums
 - nosebleeds that happen often
 - menstrual bleeding or vaginal bleeding that is heavier than normal
- bleeding that is severe or you cannot control
- red, pink, or brown urine
- red or black stools (looks like tar)
- cough up blood or blood clots

- vomit blood or your vomit looks like coffee grounds
- unexpected pain, swelling, or joint pain
- headaches, feeling dizzy or weak

ELIQUIS (apixaban) is not for patients with artificial heart valves.

What is ELIQUIS?

ELIQUIS is a prescription medicine used to reduce the risk of stroke and blood clots in people who have atrial fibrillation.

It is not known if ELIQUIS is safe and effective in children.

Who should not take ELIQUIS?

Do not take ELIQUIS if you:

- currently have certain types of abnormal bleeding
- have had a serious allergic reaction to ELIQUIS. Ask your doctor if you are not sure

What should I tell my doctor before taking ELIQUIS?

Before you take ELIQUIS, tell your doctor if you:

- have kidney or liver problems
- have any other medical condition
- have ever had bleeding problems
- are pregnant or plan to become pregnant. It is not known if ELIQUIS will harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if ELIQUIS passes into your breast milk. You and your doctor should decide if you will take ELIQUIS or breastfeed. You should not do both

Tell all of your doctors and dentists that you are taking ELIQUIS. They should talk to the doctor who prescribed ELIQUIS for you, before you have **any** surgery, medical or dental procedure.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Some of your other medicines may affect the way ELIQUIS works. Certain medicines may increase your risk of bleeding or stroke when taken with ELIQUIS.

How should I take ELIQUIS (apixaban)?

Take ELIQUIS exactly as prescribed by your doctor. Take ELIQUIS twice every day with or without food, and do not change your dose or stop taking it unless your doctor tells you to. If you miss a dose of ELIQUIS, take it as soon as you remember, and do not take more than one dose at the same time. **Do not run out of ELIQUIS. Refill your prescription before you run out. Stopping ELIQUIS may increase your risk of having a stroke.**

What are the possible side effects of ELIQUIS?

- See “What is the most important information I should know about ELIQUIS?”
- ELIQUIS can cause a skin rash or severe allergic reaction. Call your doctor or get medical help right away if you have any of the following symptoms:
 - chest pain or tightness
 - swelling of your face or tongue
 - trouble breathing or wheezing
 - feeling dizzy or faint

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of ELIQUIS. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

This is a brief summary of the most important information about ELIQUIS. For more information, talk with your doctor or pharmacist, call 1-855-ELIQUIS (1-855-354-7847), or go to www.ELIQUIS.com.

Manufactured by:

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This independent, non-profit organization provides assistance to qualifying patients with financial hardship who generally have no prescription insurance. Contact 1-800-736-0003 or visit www.bmspa.org for more information.

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Based on 1289808 / 1298500 / 1289807 / 1295958
December 2012
432U513CB503602

CANCER *continued from page 14*

Researchers at Weill Cornell are at the forefront of a technique to freeze ovarian tissue and help women preserve their fertility years after chemotherapy. One ovary is removed under local anesthesia and the outer layer is cut into strips. These strips are then slowly frozen and preserved in a special solution. When the woman desires pregnancy, the tissue is thawed rapidly and transplanted under the skin, usually in the abdomen. About two dozen women have had babies using this technique, and hundreds of cancer patients have had their ovarian tissue frozen.

Cancer in men Cancer treatment can have a number of different effects on men, depending on the duration or dosage of therapy, the treatment regimen and even the man's age. Many combinations of chemotherapy agents are used to treat cancers commonly found in men, including testicular cancer and various lymphomas.

As with women, the advantage of treating a man with combination chemotherapy is lower doses of each agent, which reduce the damage to sperm and increase the possibilities of restoring sperm production after chemotherapy. Several studies show that men who have had cancer therapy have no additional risk for having offspring with birth defects.

Men whose sperm count has been affected by chemotherapy may still be able to father a child. "We can usually surgically retrieve sperm from the testicles of up to 50 percent of men who had chemotherapy even 15 or more years ago," Goldstein says. By using IVF with direct injection of sperm into the egg, about one-third of these men's partners become pregnant.

For men with testicular cancer, Goldstein has pioneered a technique to remove the tumor while preserving the testicle's function. He can also extract sperm from normal tissue around the rim of a cancerous testicle. These are frozen and later thawed to be injected in an IVF procedure.

A man of any age who has been diagnosed with cancer should consider banking sperm, which are frozen initially but can be thawed and successfully used as long as 25 years later.

"Once a cancer survivor has recovered fully, we encourage couples to try to conceive naturally," Goldstein says. "For those who don't recover their reproductive function, we can offer procedures such as IVF with direct sperm injection."

"If you receive a diagnosis of cancer, ask your oncologist how you can preserve your fertility."

Mark Fuerst is a Brooklyn-based health and fitness writer.



One fish, two fish

Two servings per week of fish high in omega-3 fatty acids – salmon, tuna, trout, mackerel – can lower the risk for heart disease and increase longevity, WebMD reports.

A 16-year study of people 65 and older revealed that those who met or exceeded the two-serving threshold – and did not supplement their diets with fish-oil tablets – "cut their overall risk of death by 27 percent and their risk of dying from heart disease by 35 percent." The study also found that people with high levels of omega-3 lived two years longer than those with the lowest levels.

Seasons and Web searches

Researchers studying trends in Internet searches for information about mental health issues say the seasons bring significant differences in what people are searching for and how often, according to the *American Journal of Preventive Medicine*.

Using Google Trends, researchers analyzed searches in the United States and Australia from 2006 to 2010. Searches for several psychological problems increased in winter and decreased in summer, with an average 14 percent difference between the two. Such topics as anxiety, eating disorders and suicide had demonstrable spikes and dips.

Winter in the United States is summer in Australia. The queries in each followed similar trends but were six months different in their timing.





I hoped it wouldn't come back

I hoped it wouldn't grow

I know it's time to act



Talk to your dermatologist — it's not too late to give your advanced **basal cell carcinoma some serious attention.**

Erivedge® (vismodegib) capsule is a prescription medicine used to treat adults with a type of skin cancer, called **basal cell carcinoma (BCC)**, that has spread to other parts of the body or that has come back after surgery or that your healthcare provider decides cannot be treated with surgery or radiation.

Remember that every BCC is important and should be discussed with your dermatologist. But if your BCC has become advanced, there's a treatment called **Erivedge**. It's a once-daily pill that may help shrink your BCC and help control the disease. In a clinical study, 96 adults took Erivedge for their advanced BCC (63 had locally advanced BCC and 33 had metastatic BCC).

Results at 6 months of Erivedge treatment:

- **43% of locally advanced BCC patients showed improvement** — and out of those, 13 patients saw no visible sign of cancer
- **30% of metastatic BCC patients saw their BCC shrink**

During the study, half of the patients saw improvement for less than 7.6 months and half saw improvement for more than 7.6 months. Overall, patients showed improvement with Erivedge for different lengths of time (from 1 to 13 months for locally advanced patients and from 2 to 11 months for metastatic patients).

Capsule shown not actual size.

Important Safety Information

What is the most important information I should know about Erivedge?

- **Erivedge can cause your baby to die before it is born (be stillborn) or cause your baby to have severe birth defects**
- For females who can become pregnant, talk with your healthcare provider about the risks of Erivedge to your unborn child. Your healthcare provider should do a pregnancy test within 7 days before you start taking Erivedge to find out if you are pregnant. Avoid pregnancy by using highly effective birth control before starting Erivedge, and continue during treatment and for 7 months after your last dose. Tell your healthcare provider right away if you have unprotected sex or think that your birth control has failed
- For males, always use a condom with a spermicide during sex with female partners while you are taking Erivedge and for 2 months after your last dose, even if you have had a vasectomy
- Tell your healthcare provider right away if you or your female partner could be pregnant or thinks she is pregnant while you are taking Erivedge
- Before taking Erivedge, tell your healthcare provider if you **are pregnant or plan to become pregnant**, or if you **are breast-feeding or plan to breast-feed**

Exposure to Erivedge during pregnancy:

Pregnant women are encouraged to participate in a program that collects information about exposure and the effects on the mother and her unborn child by calling the Genentech Adverse Event Line at (888) 835-2555.

What should I avoid while taking Erivedge?

Do not give blood or blood products during treatment with Erivedge and for 7 months after your last dose.

What are the possible side effects of Erivedge?

The most common side effects of Erivedge are:

- | | | |
|---|---------------|----------------------|
| • Muscle spasms | • Weight loss | • Decreased appetite |
| • Hair loss | • Tiredness | • Constipation |
| • Change in how things taste or loss of taste | • Nausea | • Vomiting |
| | • Diarrhea | • Joint aches |

These are not all of the possible side effects of Erivedge, and it is not possible to predict what side effects you will have or how severe they may be. For more information, ask your healthcare provider or pharmacist.

You may report side effects to the FDA at (800) FDA-1088 or www.fda.gov/medwatch. You may also report side effects to Genentech at (888) 835-2555.

Please see the full Prescribing Information, including **serious side effects**, at Erivedge.com.

**SEND IN THE ATTACHED CARD TO GET
AN ERIVEDGE INFORMATION PACKET**

You can also call (855) 7-ERIVEDGE (855-737-4833) or visit Erivedgesupport.com.

Please see the accompanying Medication Guide on the next page for additional important safety information.

If you don't have prescription coverage or can't afford your medicine, we may be able to help. Visit genentech-access.com/erivedge/patients or call (888) 249-4918 to learn more.

Erivedge
(vismodegib) capsule

Genentech
A Member of the Roche Group

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MEDICATION GUIDE

ERIVEDGE® (EH-rih-vej) (vismodegib) capsule

Read this Medication Guide before you start taking ERIVEDGE and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your healthcare provider about your medical condition or your treatment.

What is the most important information I should know about ERIVEDGE?

ERIVEDGE can cause your baby to die before it is born (be stillborn) or cause your baby to have severe birth defects.

For females who can become pregnant:

- You should talk with your healthcare provider about the risks of ERIVEDGE to your unborn child.
- Your healthcare provider should do a pregnancy test within 7 days before you start taking ERIVEDGE to find out if you are pregnant.
- In order to avoid pregnancy, you should start using highly effective birth control before you start ERIVEDGE, and continue to use highly effective birth control during treatment, and for 7 months after your last dose of ERIVEDGE. Talk with your healthcare provider about what birth control method is right for you during this time.
- Talk to your healthcare provider right away if you have unprotected sex or if you think that your birth control has failed.
- Tell your healthcare provider right away if you become pregnant or think that you may be pregnant.

For males:

- You should always use a condom with a spermicide, even if you have had a vasectomy, during sex with female partners while you are taking ERIVEDGE and for 2 months after your last dose to protect your female partner from being exposed to ERIVEDGE.
- Tell your healthcare provider right away if your partner becomes pregnant or thinks she is pregnant while you are taking ERIVEDGE.

Exposure to ERIVEDGE during pregnancy:

If you think that you or your female partner may have been exposed to ERIVEDGE during pregnancy, talk to your healthcare provider right away. Pregnant women are encouraged to participate in a program that collects information about exposure to ERIVEDGE during pregnancy, and the effects on the mother and her unborn child. This program is called the ERIVEDGE pregnancy pharmacovigilance program. You may participate in this program by calling the Genentech Adverse Event Line at 1-888-835-2555.

What is ERIVEDGE?

ERIVEDGE is a prescription medicine used to treat adults with a type of skin cancer, called basal cell carcinoma, that has spread to other parts of the body or that has come back after surgery or that your healthcare provider decides cannot be treated with surgery or radiation.

It is not known if ERIVEDGE is safe and effective in children.

What should I tell my healthcare provider before taking ERIVEDGE?

Before taking ERIVEDGE, tell your healthcare provider if you:

- **are pregnant or plan to become pregnant.** See “What is the most important information I should know about ERIVEDGE?”
- **are breastfeeding or plan to breastfeed.** It is not known if ERIVEDGE passes into your breast milk. You and your healthcare provider should decide if you will take ERIVEDGE or breastfeed. You should not do both.

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I take ERIVEDGE?

- Take ERIVEDGE exactly as your healthcare provider tells you.
- You can take ERIVEDGE with or without food.
- Swallow ERIVEDGE capsules whole. Do not open or crush the capsules.

- Take ERIVEDGE one time each day.
- If you miss a dose, skip the missed dose. Just take your next scheduled dose.

What should I avoid while taking ERIVEDGE?

- Do not donate blood or blood products while you are taking ERIVEDGE and for 7 months after your last dose.

What are the possible side effects of ERIVEDGE?

ERIVEDGE can cause serious side effects, including:

- See “What is the most important information I should know about ERIVEDGE?”

The most common side effects of ERIVEDGE are:

- | | |
|---|----------------------|
| • muscle spasms | • nausea |
| • hair loss | • diarrhea |
| • change in how things taste or loss of taste | • decreased appetite |
| • weight loss | • constipation |
| • tiredness | • vomiting |
| | • joint aches |

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of ERIVEDGE. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

You may also report side effects to Genentech, Inc. at 1-888-835-2555.

How should I store ERIVEDGE?

- Store ERIVEDGE at room temperature between 68°F to 77°F (20°C to 25°C).

Keep ERIVEDGE and all medicines out of the reach of children.

General information about ERIVEDGE

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use ERIVEDGE for a condition for which it was not prescribed. Do not give ERIVEDGE to other people, even if they have the same symptoms that you have. It may harm them.

This Medication Guide summarizes the most important information about ERIVEDGE. If you would like more information, ask your health care provider. You can ask your healthcare provider or pharmacist for the FDA-approved information about ERIVEDGE that is written for healthcare professionals.

For more information, call 1-855-737-4833 or visit www.erivedge.com

What are the ingredients in ERIVEDGE?

Active ingredient: vismodegib; Inactive ingredients: microcrystalline cellulose, lactose monohydrate, sodium lauryl sulfate, povidone, sodium starch glycolate, talc, magnesium stearate (non bovine). The capsule shell contains gelatin, titanium dioxide, red iron oxide, and black iron oxide. The black printing ink contains shellac and black iron oxide.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

MG Issued: 01/2012

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Civilian providers take on VA overflow

BY TOM PHILPOTT

Two vast civilian networks of health-care providers, both familiar to military TRICARE patients, will soon be delivering mental health-care services and other specialty care to veterans who otherwise would face long waits or trips to get care in VA facilities.

In October, VA began phasing in a new Patient-Centered Community Care (PC3) initiative, designed to improve access to care by relying on two large non-VA provider networks. The networks that won the contracts will coordinate and standardize the care that veterans receive as overflow from VA facilities in all 50 states and U.S. territories.

Health Net Federal Services of Arlington, Va. – the current support contractor for beneficiaries in the TRICARE North Region – will be responsible for delivering purchased care in VA regions spanning the New England states, northern Midwest states, and down the Eastern Seaboard through Florida and around to Alabama. The contract is valued at \$5 billion through 2018.

TriWest Healthcare Alliance of Phoenix – responsible for supporting TRICARE's West Region until this past April – landed new VA contracts worth \$4.4 billion to provide networks of mental health and specialty care providers across the Western states, including Alaska and Hawaii, plus all South Central states from Texas to Mississippi.

Non-VA purchased care doubled from \$2.2 billion in fiscal 2007 to \$4.5 billion in fiscal 2011, while the number of veterans referred to the private sector for medical care rose from 615,000 to more than 970,000.

The PC3 contracts will consolidate such care under comprehensive networks across all six VA regions. TriWest and Health Net will each be responsible for three regions.

David J. McIntyre Jr., chief executive officer and president of TriWest, said it will take VA a while to figure out its demand for civilian health care and the amount that should be referred to the networks to maximize quality and efficiency.

"The first step for VA is much like it was for DoD when it started doing TRICARE," McIntyre said.

"That is, to buy care on an efficient and effective basis across a broad geographic space (and) from one entity that can provide what they need."

The contractors are to provide both inpatient and outpatient specialty care and mental health care when VA can't offer timely appointments or if veterans live far from the nearest VA facilities.

The contracts require networks of providers screened to meet or exceed VA standards for credentialing, licensing and specialty care. They must establish customer service and complaint procedures, and must see patients within a specified period and be geographically convenient.

Also, medical files generated by purchased care must be shared with VA promptly to ensure that all care is closely monitored and coordinated.

Rep. Jeff Miller, R-Fla., has pushed for TRICARE-like networks for VA patients since he became chairman of the House Veterans' Affairs Committee in 2011, noting complaints from veterans in his district who said they had to travel

far to get VA-provided care.

The American Legion and other veterans service organizations want veterans to have more timely and convenient care. But they worry that too dramatic a shift to private-sector care could, over time, dilute VA medical expertise and weaken continuity of care to veterans suffering from multiple medical conditions.

Jacob Gadd, deputy director of health for the Legion's Veterans Affairs & Rehabilitation Division, testified last year that PC3 needs to be monitored closely to ensure no drop in care quality and that private-sector providers understand and can counsel veterans on services VA can provide.

McIntyre doesn't disagree. TriWest expects VA, VSOs and Congress "to determine how they handle the demand they are looking at, and what the right balance is between what goes into the direct care system and what's done downtown," he said. "That's not our decision. That's their decision."

Tom Philpott has covered veterans and military personnel issues for more than 30 years.



Veer

*American Legion National Commander
Jim Koutz presides over the 95th
National Convention in Houston.*



*Legionnaires lauded for
generosity, government
chastised over sequestration
at 95th National Convention.*

The 95th National Convention of The American Legion in Houston provided 2012-2013 National Commander Jim Koutz a platform to both thank his fellow veterans and admonish the federal government.

Nearly 10,000 Legionnaires gathered in the nation's fourth-largest city, where Koutz proudly announced a record-breaking fundraising effort for Operation Comfort Warriors (OCW), which provides comfort items and recreation for U.S. troops recovering from wounds and illnesses. For federal leaders at every level, he had a more stern announcement: "Houston, we have a problem!"

OCW, the commander's marquee fundraising project, received over \$1.1 million in donations – much of which poured in at the convention – during Koutz's year in charge. Last spring, when his original goal of \$500,000 was about to be reached, he raised the bar to \$750,000. Legionnaires responded by more than doubling the original goal. "Your generosity exceeded even my expectations," he told the crowd.

While OCW proved to be a success, automatic federal budget cuts under sequestration are "failing our troops ... failing veterans ... and failing the American people," Koutz said. He explained that the fault is bipartisan and shared by Congress and the administration alike.

Koutz told attendees that TRICARE, military pensions, benefits and services for veterans must not be compromised by sequestration. He argued that benefits and quality-of-life programs, including the Post-9/11 GI Bill, can fuel economic recovery. "Time doesn't allow me to even list the multitudes of CEOs, senators, doctors and ordinary Americans who told us they owe their success to the education and other benefits obtained by what has been called the greatest legislation (the GI Bill) ever passed by Congress."

To that point, the convention included the first American Legion Economic Summit – two days of workshops, hiring events and panel discussions that helped hundreds of servicemembers, veterans and their families along their career paths.



**Goal achieved,
and then some**

\$500,000 The national commander's fundraising goal for Operation Comfort Warriors in 2012-2013

\$750,000 The new goal, set after the \$500,000 mark was reached in May

\$400,000 Approximate amount raised and delivered during the national convention alone

\$1,119,227 Total amount raised for the program, which provides comfort items to troops recovering in military hospitals and transition units

 www.legion.org/donate

Beyond ^{all} EXPECTATIONS

PHOTOS BY AMY C. ELLIOTT, TOM STRATTMAN AND ELDON LINDSAY

Members of the National Security and Foreign Relations commissions took a road trip to Galveston to tour U.S. Coast Guard operations there and learned that sequestration is reducing cruising hours by up to 25 percent. "Sequestration and the budget malaise that we're facing in Washington is affecting units at the very basic operational level," National Security Commission Chairman Mike Schlee said after the tour.

The convention also offered an opportunity to start rolling out plans for the Legion's centennial, which Koutz said presents a golden opportunity: "What better way to mark The American Legion centennial than with an all-time high in membership? It is an ambitious goal, and it won't happen if we don't bust our tails recruiting and retaining members ... The eligible members are out there. We just need to sign them up."

And, he added, "If people ask you for a reason to join, tell them you are inviting them to a holiday party. The holiday is Veterans Day. And as I have been saying all year, every day is Veterans Day."

"If you can command a platoon, you can manage a staff. If you're held responsible for billions of dollars in sophisticated equipment, you can handle billions of dollars of responsibility in corporate America." Vice President Joe Biden



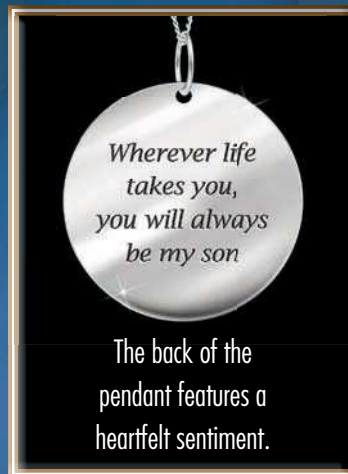
"I picked the title 'Quiet Hero' not just for my dad, but for all of you ... I hope I can do my part, as a citizen member of the military, to let people know how incredible all of you are." Rita Cosby, journalist and author, who served as the convention's master of ceremonies

Wherever life takes you, you will always be my son

COMPASS PENDANT



He's meant the world to you since the day he was born. As you watch your son's journey from boyhood to manhood, your heart swells with pride as he meets life's challenges with quiet grace and generosity of spirit. Now, he can wear a reminder of your love no matter where life takes him. Presenting... *Wherever Life Takes You Compass Pendant*, exclusively from the Danbury Mint.

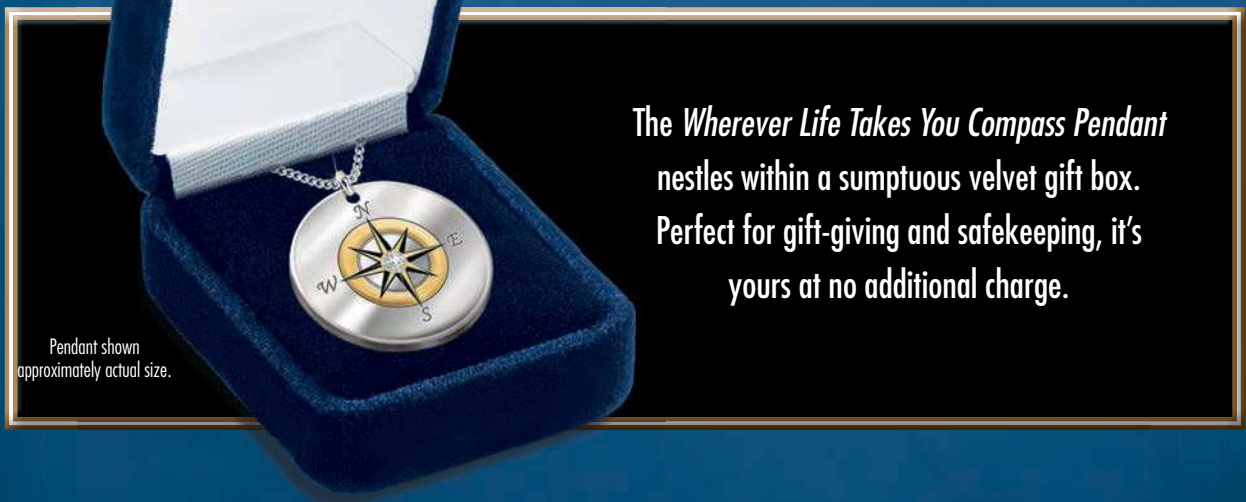


The back of the pendant features a heartfelt sentiment.

**An endearing sentiment,
inscribed in stainless steel.**

Crafted of pure stainless steel with gold ion-plated details, the pendant features a compass design with a gleaming diamond in the center. On the back, the perfect sentiment is inscribed. It's a token of your love and respect that he can carry with him wherever he goes.

Handsome Presentation...



Pendant shown
approximately actual size.

The *Wherever Life Takes You Compass Pendant* nestles within a sumptuous velvet gift box. Perfect for gift-giving and safekeeping, it's yours at no additional charge.

An expertly crafted stainless steel pendant featuring a diamond and a meaningful sentiment.

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The *Wherever Life Takes You Compass Pendant* is the perfect way to show pride in your son. Don't delay, order this gift for your son today!

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Wherever life takes you, you will always be my son

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Author David Bellavia addresses the convention.

Vietnam veterans the 'greatest generation'

Upon his return from Iraq, U.S. Army Staff Sgt. David Bellavia was walking through the Atlanta airport wearing his protective combat uniform when he was approached by two crying men – Vietnam War veterans. They said, “Welcome home,” followed by, “I love you.”

Bellavia – a recipient of numerous combat medals, vice chairman of Vets for Freedom and author of “House to House: An Epic Memoir of War” – explained why he thinks “the greatest generation is an 18-year-old kid, who can’t even spell the country he was drafted to serve in. The greatest generation would turn on the radio and be told that they were baby killers by popular culture. They were told by Hollywood that they were ignorant ... for doing what their country asked of them. The greatest generation was a generation that stood shoulder to shoulder and protected Iraq and Afghanistan veterans from the same unwashed ignorant classes that choose to put the soldier behind the foreign policy. The greatest generation is a generation of veterans who were treated with dishonor and shame and made sure that their sons and daughters would never be treated like they were treated.”

“We have committed to eliminating the backlog – not reducing, not better managing, but eliminating the backlog. No claim over 125 days. Ninety-eight percent accuracy, the first time through ... We are on track to eliminate the backlog by 2015.” VA Secretary Eric Shinseki

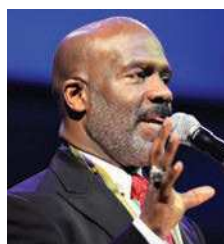


“You’ve still got wives, and you’ve still got moms who are waiting for their sons and husbands to come home from Vietnam.”

Steve Thompson, family and veterans liaison for the Joint POW/MIA Accounting Command

“The GI Bill is more than a legislative accomplishment. It’s a parable that illustrates The American Legion’s vision. It is a story that spans nearly a century.”

Ted Roosevelt IV, chairman of The American Legion 100th Anniversary Honorary Committee



“Today, it is an honor to stand here and say through song, ‘Thank you.’”

BeBe Winans, six-time Grammy Award-winning gospel star, who performed during the convention’s Patriotic Memorial Service



ECONOMIC EMPOWERMENT

73 Number of employers who met with veterans at the Hiring Our Heroes Job and Benefits Fair during the national convention

600 Approximate number of veterans who came seeking jobs

2,650 Number of résumés received by employers

94 Number of interviews conducted

408 Estimated number of hires expected

50 Number of military personnel and spouses from Fort Hood and Fort Sam Houston who attended the Employment, Empowerment & Entrepreneur Workshop

100 Number of women veterans who participated in the two-day For HEROES entrepreneurship summit, co-sponsored by the Small Business Administration and Syracuse University



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PREACHER, PUNCHER, PATRIOT

Boxing and business champion George Foreman receives the Legion's James V. Day Good Guy Award.

BY JOHN RAUGHTER

"Down goes Frazier! Down goes Frazier! Down goes Frazier!"

The words of legendary broadcaster Howard Cosell still ring in sports history. Minutes after Cosell's call from Kingston, Jamaica, on Jan. 22, 1973, he introduced new world heavyweight boxing champion George Foreman, an underdog who had dominated Joe Frazier with six knock-downs in two rounds. By that time, patriotic Americans had already been inspired by Foreman, who waved a U.S. flag in the ring after winning a gold medal over Ionas Chepulis of the Soviet Union in the 1968 Olympics.

Born in Marshall, Texas, Foreman and his six siblings grew up in Houston's tough 5th Ward. He had a troubled youth and dropped out of school at 15. His life turned around after joining the Job Corps and moving to Pleasanton, Calif., where he began training to box. He'd ultimately become one of the sport's most celebrated professional figures.

After losing a tough decision against Jimmy Young in 1977, Foreman decided to give up boxing. He became a born-again Christian and often joked that Young had "knocked the devil out of me." Foreman was ordained a minister in 1978 and founded the Church of the Lord Jesus Christ in Houston in 1980, where he still preaches. In 1984, he founded the George Foreman Youth and Community Center, a nondenominational haven for

kids who need direction, much as he once did.

Ten years after retiring, Foreman surprised many by announcing his boxing comeback in 1987. A substantial underdog once again, he shocked the world by regaining the heavyweight championship over Michael Moorer, a man 19 years younger, on Nov. 5, 1994. At 45, Foreman was the oldest man to ever win the world heavyweight championship and broke the record for the longest interval between first and second titles.

As successful as he was in the ring, Foreman proved to be a champion in business as well. As pitchman for the George Foreman Lean Mean Fat Reducing Grilling Machine and other products, he was so successful that financial network CNBC featured him as a "Titan of Industry."

Foreman has been inducted into the World Boxing Hall of Fame and the International Boxing Hall of Fame. The International Boxing Research Organization rates him as the eighth-greatest heavyweight of all time, and *The Ring* magazine ranked him as the ninth-greatest puncher ever. At the 95th National Convention, Foreman received the Legion's James V. Day Good Guy Award from the Past Department Commanders Club. The champ also spoke to John Raughter, American Legion communications director.

What led you to wave the U.S. flag at the 1968 Olympics?

You're at the Olympic Village, and you notice that there is no difference between anyone, how they look. Every country has got their lookalikes for George Foreman and whoever. The only thing that differentiated you were the colors that you wore. And I remember thinking that if I won this thing, I got to let them know that I'm from America. So I took up the small American flag to get back at the judges who were stealing our matches. Gotcha! And then everybody applauded. I just waved. Look where I'm from!

Wasn't that somewhat controversial in 1968?

Patriotism was outdated, out of style. A lot of people just didn't like it. I didn't want to go to the Olympics as black or white; I just wanted to go as an American. A lot of people at that time wanted to make that distinction – we're different this or different that – but the one thing that we all had in common is we love this country, and I wanted to be an American.

Is it safe to say you'd do it the same way again?

You know, my only regret about waving the flag is that I didn't have two.

Was there ever a better age in boxing than the early 1970s?

I followed the history of boxing a long time – the great Joe Louis, the great Jack Dempsey, and all of their boxing matches, but during the '60s – about the middle '60s into the late '70s – was an era that will never be duplicated. So many punchers and skillful boxers. One could beat the other on a given night. I dismantled Joe Frazier. Muhammad Ali took care of me. I took care of Ken Norton. Ken Norton took care of Muhammad Ali. Jerry Quarry just beat everybody. Ron Lyle. There were so many great boxers. I can't foresee another time when there will be that many heavyweights around. I'm just glad that I survived.

Who was your toughest opponent?

I thought it was Muhammad Ali until less than two years later I fought Ron Lyle. That boy hit me so hard, and it hurt, and I remember being on the canvas, and all that I could think about was, "What excuse can I give now?" So I jumped up, and he had me down again. And I couldn't think of any excuse of why I'd get beat like this. And I got up and thought maybe it would be better to get killed and die in the ring than to come up with a good excuse. And I kept fighting, and I won the match. It was the toughest fight I ever had.

What led you to retire the first time?

In 1977, after a boxing match with Jimmy Young, I actually had a vision in the dressing room. In a split second, I was dead and alive. I saw everything I worked for crumble like ashes. I remember thinking, in this dark place, I was dead. I said, "I don't care if this is death – I still believe there's a God." I didn't believe in religion. And then I had a second chance. They picked me up off the floor in the dressing



room, and I saw blood on my head and my hands. And I started screaming that Jesus Christ was coming alive, and they thought I was mad. And so did I. And then they rushed me to intensive care, and I recovered. And I became a minister. That's why I stopped. And then after 10 years, a phenomenon occurred: I became broke. I had to go back to making a living in boxing.

How had you changed during that decade?

After 10 years out of boxing, people were so kind to me. I learned. You know, my car battery would stop sometimes and guys would give me a booster. People didn't know (who I was) or care. I had shaved my head, my mustache, and (wore) overalls. And after they'd give me a booster, I would ask, "How much do I owe you?" And they'd say, "Get out of here!" I had a second chance. I decided if I ever got back to boxing for the championship of the world and all of that, I was going to be the nicest human being (anyone ever) met.

What was the genesis of the George Foreman Youth and Community Center?

When I left boxing, I went by a gym that my brother was working in. People trying to get their little kids interested in boxing. And I am a preacher – I'm not going to hang around boxing. I had my suit on. But a lady looked desperate and had come in with her boy. You could see she had him in to box. She wanted me to get interested in her son, but I said, "I'm a preacher. Bring him to church." A couple of months later, this kid was in jail. He and his friend had tried to rob a store. A storekeeper had shot one of the boys, and the other boy had shot the storekeeper. It blew me away. I took my life savings and started that youth center. I decided that I can't get that kid back, but I was going to have a place for kids to hang out. That was 1983. And I've kept that thing. And it had run out of money. That was the reason I had to go back to boxing. I see kids come back there now with their children. And the idea that I had to go back to boxing to keep it going, I just couldn't ask people for money. I had to earn it.

What is it like to receive an American Legion award?

I always realized that there were a few friends of mine, especially who worked for the Job Corps. They were retired sergeants. Some were colonels. I didn't want to disappoint those guys. Most of them have passed on. But I kept my peace for the sake of them. I know their sacrifice in teaching me and setting me straight. And to get that award from The American Legion, it's like they're still watching me.

See www.legion.org/foreman for an expanded version of John Raughter's interview with George Foreman.

Learn more about the boxing and business titan at www.georgeforeman.com.

2013 AWARD RECIPIENTS

National Recruiter of the Year

Edgar J. Johnson
Samuel G. Cooke Post
267 Columbus, Ga.

National Law Enforcement Officer of the Year Deputy Miste

M. Strickland
Nash County Sheriff's
Office, Middlesex, N.C.

National Firefighter of the Year

Deputy Chief Leslie Young
Mahoning Township
Fire Department
Danville, Pa.

Ralph T. O'Neill Education Trophy

For showing the
greatest activity in use
of The American
Legion School Medal
Awards

Department of New Mexico

**Daniel J. O'Connor
Americanism Trophy**

For conducting the
best all-around
Americanism
activities

Department of New York

Consolidated Post Report Winners

Departments of
Florida, Missouri,
Montana,
Nebraska, Oregon,
Rhode Island,
Vermont, Virginia,
Wisconsin and
Wyoming

Frank N. Belgrano Jr. Trophy

For support
of Boy Scouts
Department of
North Carolina



Fourth Estate Award for Journalism

PRINT
USA Today

BROADCAST
KITV-TV

Honolulu

NEW MEDIA

Alex Quade
Fayetteville, N.C.

Employer of the Year

For companies and
businesses dedicated
to hiring veterans

SMALL BUSINESS
CIAN, Inc.

Peoria, Ill.

MID-SIZED BUSINESS
Strategic & Homeland Defense Division

Colorado Springs,
Colo.

LARGE BUSINESS
L-3 STRATIS

Fayetteville, N.C.

Employer of the Disabled Award

Gil Sosa
Harris County
Precinct 2,
Highlands, Texas

Employer of Older Workers Award

AARP Foundation – SCSEP
South Atlanta, Ga.

Homeless Veterans Outreach Award

Craig Tillman
Chairman, Homeless
Veterans Task Force,
The American Legion
of Michigan
Dearborn, Mich.

Outstanding Local Employment Office

Ottawa One Stop Center
Ottawa, Ill.

Local Veterans Employment Representative of the Year

Stillwater Workforce Center
Stillwater, Okla.

O.L. Bodenhamer Trophy

No. 1 in membership
at June 14 report

Department of Tennessee

Outstanding Disabled Veteran Outreach Program Specialist

Job Service North Dakota
Fargo, N.D.

William F. Lenker National Service Trophy

For best supporting
and implementing
programs to benefit
veterans and their
families

Department of Michigan

Garland D. Murphy Jr. Award

Based on actual
contributions received
during the 2012-2013
American Legion
Child Welfare

Foundation year

Department of Ohio

U.S. "Udie" Grant Legacy Award

Based on combined
total donations of
American Legion
family to the Child
Welfare Foundation

Department of Florida

Color Guard Contest

MILITARY CLASS
George Whiteman Memorial Post 642
Sedalia, Mo.

MILITARY OPEN CLASS
Harrisburg Post 472
Houston

ADVANCING/RETRIEVING COLORS
Harrisburg Post 472
Houston

Concert Band Contest

American Legion Band of Greater Kansas City
Kansas City, Mo.

SPIRIT OF SERVICE AWARD WINNERS

ARMY

Sgt. Edwin Garcia

NAVY

Petty Officer 2nd Class
Komlan Agbagba

MARINE CORPS

Sgt. Man Chan

AIR FORCE

Staff Sgt. Beau Vore

COAST GUARD

Petty Officer 2nd Class
Shawn Pugmire

2013 YOUTH CHAMPIONS

ORATORICAL CHAMPION

Agnes Rieger
Kansas City, Mo.

BOYS NATION PRESIDENT

Simeon Toronto
Andover, Minn.

EAGLE SCOUT OF THE YEAR

Mark Chmielewski
Salem, Conn.

JUNIOR SHOOTING

SPORTS

SPORTER CHAMPION

Alan Rodriguez
Phoenix

PRECISION CHAMPION

Rachel Martin
Peralta, N.M.

2012 BASEBALL PLAYER OF THE YEAR

Emerson Gibbs
New Orleans

2012 BASEBALL

ALL-ACADEMIC TEAM

CAPTAIN

Gareth Hanson
Enderlin, N.D.



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Dallas Cowboys Cheerleaders receive the Legion's highest honor

The American Legion's 2013 Distinguished Service Medal was awarded to the Dallas Cowboys Cheerleaders. Since 1979, the troupe has participated in 75 USO tours to more than 200 military outposts worldwide and has conducted cheerleading classes for the children of military families. National Commander Jim Koutz said they can be "appropriately called America's cheerleaders, not because of what they do on the football field but because of how they conduct themselves away from it."



www.dallascowboyscheerleaders.com



Samsung receives Patriot Award

As a gesture of appreciation for U.S. military sacrifice in the Korean War, South Korean multinational electronics leader Samsung Corp. endowed an educational scholarship fund of \$5 million to The American Legion in 1996 to assist direct descendants of U.S. war veterans.

Through interest earned on the fund's principal, the Samsung American Legion Scholarship has awarded more than \$4.6 million in grants to nearly 1,700 eligible applicants. On Aug. 27, the Legion recognized Samsung with its 2013 Patriot Award – the first time the Legion has given the award to a corporation.

"We never lose sight of our roots," said Yang Kyu Kim, president and CEO of Samsung Electronics North America. "This year is especially meaningful to us, as it marks the 60th anniversary of the end of the Korean War. Our success as a global technology leader would not have been possible without the steadfast commitment of the United States to the security of Korea. That is one reason why we try to do what we can to reinvest in America." A recent expansion of Samsung Austin Semiconductor in Texas included the hiring of more than 300 U.S. veterans.



724

Number of new members signed up by The American Legion's 2013 National Recruiter of the Year, Edgar J. Johnson of Samuel G. Cooke Post 267 in Columbus, Ga.

14

Number of Legion departments that exceeded their membership goals for 2013, the most since 2001-2002



"Hiring veterans or military spouses is the easy part. Helping them discover promising careers requires more effort, but it's absolutely well worth it."

Joe Robles, CEO of USAA, preferred provider of financial services for The American Legion

"Government bureaucrats under both Republican and Democrat administrations created the backlog. So it's only natural to solicit from leaders outside VA – those in the private sector and the VSO community – to help solve this problem."

Rep. Jeff Miller, R-Fla., chairman, House Committee on Veterans' Affairs



"What happened at Fort Hood, Texas, with Nidal Hasan was an act of terrorism. It ought to be treated as such, and it is time for those families who have suffered to be properly compensated for the suffering they've endured and the loved ones they've lost." Rep. Al Green, D-Texas

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2013 Legacy Run

5 states

250 riders

1,500 miles

\$764,000 raised



TOP: The 2013 American Legion Legacy Run arrives at Post 120 in Effingham, Ill. **TOP RIGHT:** A rider sews on a patch at Post 64 in Indianapolis the day before the group leaves the city. **ABOVE LEFT:** Daniel Ossa of Post 144 arm-wrestles Capt. Rebecca Casinger during lunch in Killeen, Texas. **ABOVE CENTER:** A crowd in Monett, Mo., gathers on the side of the road to cheer the Legacy Run. **ABOVE RIGHT:** Legacy Run riders gather in Seguin, Texas, before the final leg of the journey. Photos by Amy C. Elliott



National Commander Jim Koutz threw out the first pitch at a Houston Astros game at Minute Maid Stadium.

Band and Color Guard winners

RIGHT: The American Legion Band of Greater Kansas City performs during the National Band Contest.

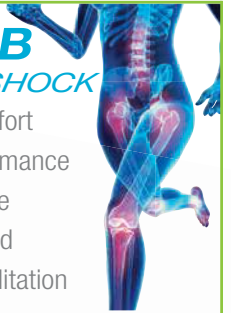


RIGHT: The color guard from Harrisburg Post 472 in Houston competes in the National Color Guard Contest.



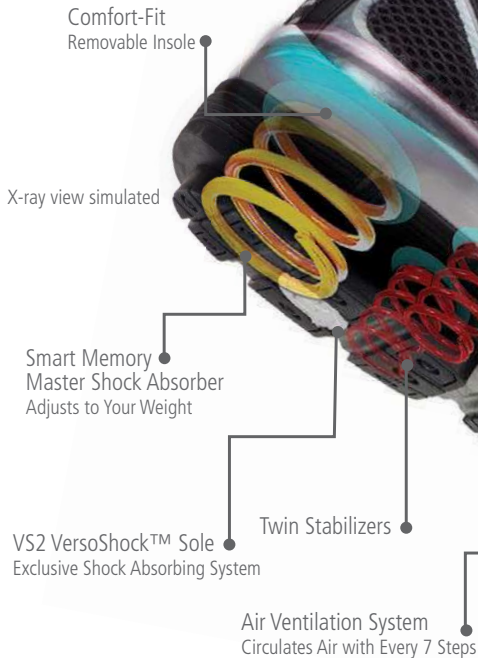
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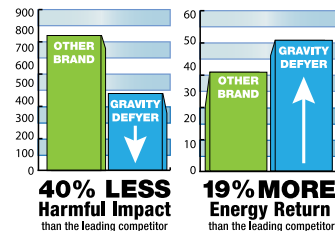
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SHOCK ABSORPTION STUDY HPW Biomechanics, 2012
*Shock absorption: Measurement of maximum pressure (KPI).
Energy return: Measurement of energy returned (Joules).

Ease tender feet, knees and even your aching back! The all-new VS2 VersoShock™ trampoline sole absorbs the pounding that your body receives every day. Experience relief from standing on hard surfaces like concrete, brick and tile with the only shoe that makes every step pillow-soft. You'll find yourself parking further from the entrance of the grocery store – just to walk more. You'll feel enthusiastic about your work – even if you spend all day on your feet. Life can be enjoyable again!

Dr. Arnold Ross, DPM

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Rebuilding Together

Veterans staying at Houston's DeGeorge at Union Station homeless shelter now have new carpet, freshly painted walls and new ceiling fans thanks to the combined efforts of The American Legion Family, Rebuilding Together and Sears' Heroes at Home program.

The three entities took time during the national convention to roll up their sleeves and help renovate the 13-year-old facility, which has housed more than 900 veterans since its opening. Volunteers spent the morning painting and laying down carpet for the residents, who range in age from 24 to 85.

"This is a wonderful opportunity for us to get involved," said American Legion Past National Commander Fang Wong, who helped paint alongside his wife, Barbara. "We want people to know what The American Legion is doing. What better way to do that than leading by example?"

Houston Mayor Annise Parker thanked the Legion for not simply coming into town, having a convention and leaving. "All of us have a responsibility to the men and women who served," she said. "It's the neighborly thing to do."

A volunteer helps paint the walls of the DeGeorge at Union Station homeless shelter. Photo by Amy C. Elliott

Resolutions of the 95th National Convention

AMERICANISM

- 5** Commends Saluting America school program
- 65** Commends Spirit of Liberty Foundation for Freedom Bell

CONSTITUTION & BY-LAWS

- 1** Amends Article I, Sections 5 and 6
- 2** Amends Article VI, Section 1

ECONOMIC

- 44** Supports veteran education debt forgiveness
- 66** Enforce veterans preference hiring practices in federal civil service
- 67** Pursue student-veteran return-on-investment education measures
- 68** Supports federal and state incentives for employers to use veterans preference in hiring
- 69** Changes name of Homeless Veterans

Outreach Award

- 70** Supports development of on-the-job training opportunities for veterans
- 71** Supports Hirepurpose to assist veterans with career guidance and employment opportunities
- 72** Strengthen the Servicemembers Civil Relief Act
- 73** Supports verification improvements for veteran businesses within VA and DoD
- 74** Increase telecommuting opportunities for service-disabled veterans and military spouses

FOREIGN RELATIONS

- 59** Review and ensure security for overseas U.S. embassies
- 80** Ratify Disabilities Treaty

INTERNAL AFFAIRS

- 4** Include gender in membership records

- 16** Endorses building of National Desert Storm and Desert Shield War Memorial
- 50** Supports increase in income-tax deduction for volunteer mileage
- 61** Expresses appreciation to convention host city Houston
- 62** Change IRS rules in counting SAL membership at the post level
- 63** Correct IRS Audit Manual on war dates
- 64** Correct IRS Audit Manual on SAL eligibility

NATIONAL SECURITY

- 10** Medal of Honor for James P. Simons
- 25** Supports NASA funding
- 27** Reclassify Fort Hood shooting
- 28** Commends Arlington National Cemetery managers and staff
- 30** Supports fight against cyberspace threats

- 34** Cease all efforts to reduce the defense budget from its current level

VETERANS AFFAIRS & REHABILITATION

- 42** Supports service dog allowance from VA
- 75** Automatic enrollment of separating servicemembers into VA
- 76** Reinstate Priority Group 8g enrollment
- 77** Authorize advance appropriations for all VA discretionary accounts
- 78** Opposes any reductions to VA budget due to sequestration
- 79** Enact veterans discounts on federally funded public transportation

The full text of all resolutions passed at the 95th National Convention is available in the Legion's Digital Archive.

 archive.legion.org, click on "Resolutions"

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Personalize It!
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Your life is a true reflection of Beauty,
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you look into this mirror, my love you
will see, A reflection of the blessings
you give to me.

Music box an endearing
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A day on the *Dauntless*

The U.S. Coast Guard station in Galveston, Texas, is responsible for homeland security, good order and predictability of marine traffic within its designated Vessel Traffic Service (VTS) area along the 53-mile Houston Ship Channel.

About 80 American Legion National Security Commission members and guests got a tour of the station and a visit on board the U.S. Coast Guard cutter *Dauntless* (WMEC 624) during the national convention. The 210-foot medium-endurance cutter has 80 crew members and officers. The vessel was commissioned in 1967 and has an impressive record, as the first cutter in Coast Guard history to seize more than 1 million pounds of marijuana – an accomplishment signified by a large gold marijuana leaf painted on the ship's superstructure. To date, *Dauntless* has 90 illegal narcotics busts to its credit – the most of any Coast Guard ship.

"We were very impressed with both the professionalism and the dedication across the board, from E-3 (seaman first class) to O-6 (captain)," said Mike Schlee, chairman of the National Security Commission. *Dauntless* has also played a leading role in search-and-rescue operations, going back to the massive exodus of Cubans in 1980. Between April 23 and May 13 that year, *Dauntless* towed more than 25 vessels to safety, rescued eight people adrift in the Gulf of Mexico, and conducted 55 search-and-rescue missions.

At U.S. Coast Guard Air Station Houston at Ellington Field, Legionnaires were also briefed by pilots and crew on the capabilities of MH-65 Dolphin helicopters stationed there, which provide safety and security for 3,700 offshore oil platforms and the 35,000 people who work and live on them.

"VA implemented a policy that said volunteers at the funeral of a serviceman or servicewoman who had lost his or her life defending our nation could not say to the grieving family, 'God bless you.' ... I was honored to represent The American Legion filing litigation against VA."

Sen. Ted Cruz, R-Texas



"It's all about resourcing the commanders on the ground. It is our obligation as American citizens, and certainly our leaders' obligation, to do everything in our power to make sure those resources are provided."

Former Army pilot Michael Durant, who was taken prisoner for 11 days in Somalia in 1993

"You have helped us complete more than a million claims ... You're the ones who bring us most of the claims, and that's why this partnership is hugely important to me."

Allison Hickey, VA undersecretary for benefits, at the Veterans Affairs & Rehabilitation Commission meeting during the convention



See videos online

Watch videos from the 95th American Legion National Convention online, including:

- The Dallas Cowboys Cheerleaders receiving the Distinguished Service Medal.
- Silver Star recipient David Bellavia paying tribute to the Vietnam War generation.
- Sen. Ted Cruz, R-Texas, laying out a "God and country" platform.
- Participants in the Legion's Economic Summit getting a leg up on career transitions.
- Tico Perez, national commissioner of Boy Scouts of America, praising the continuing bond between the Legion and Scouting.

 www.legion.org/legiontv



Perfect day for a parade

Heat, humidity and a threatening storm all called timeout for the National Convention Parade in downtown Houston. "It could have been a lot hotter, and there actually was a tropical storm system coming up that could have hit us," said Lawrence G. Romo, director of the U.S. Selective Service System and a member of Post 2 in San Antonio. "We got pretty lucky."

Retired Brig. Gen. Joe E. Ramirez Jr., commandant of the Texas A&M Corps of Cadets, was the grand marshal, while immediate Past National Commander Fang Wong served as honorary grand marshal. The 78-unit parade included Legion delegates, the color guard national champions from Harrisburg Post 472 in Houston, bands and Legion award winners.



TOP: The Department of Minnesota counted as many flags as marchers.

ABOVE: The Keene, N.H., American Legion Band.

TOP: Host department Texas turned out in force.

ABOVE: Junior Auxiliary members cut loose along the parade route, singing as they went.

New commander: 'Building for Tomorrow Today'

Elected Aug. 29 by a unanimous vote, new National Commander Dan Dellinger – a U.S. Army Vietnam War-era veteran and a Legionnaire for more than 30 years – said the organization must continue to adapt to a changing world and the changing needs of veterans.

"We ... have rich traditions and a 95-year storied history," Dellinger said. "But is that enough as we move toward our 100th anniversary and beyond? Just as our country has evolved since 1776, we must continue to evolve."

"With my background in construction, I know you need a good set of plans and a solid foundation if you are going to build a structure to last."



Auxiliary National President Nancy Brown Park of California and SAL National Commander Joseph Gladden of Maryland join Dellinger on stage.

ROSTER FOR A NEW LEGION YEAR

PAUL E. DILLARD

National Vice Commander | Southeast Region



HOME: Lake Kiowa, Texas
MEMBERSHIP: 37 years, Post 29
MILITARY SERVICE: U.S. Navy, 1965-1969
OCCUPATION: Insurance

agent

LEGION HIGHLIGHTS: Post cmdr., post adj., post fin. off., post judge adv., post sgt.-at-arms, district vice cmdr., district cmdr., dept. cmdr., dept. sgt.-at-arms

NATIONAL POSITIONS: Nat'l Children & Youth Cmsn., Nat'l Insurance Cmte., Nat'l Distinguished Guests Cmte., Alt. Nat'l Exec. Cmte.

REGION: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, Texas, Virginia

ROBERT E. NEWMAN

National Vice Commander | Central Region



HOME: Garrett, Ind.
MEMBERSHIP: 45 years, Post 178
MILITARY SERVICE: U.S. Navy, 1965-1969
OCCUPATION: U.S. Postal Service, retired

LEGION HIGHLIGHTS: Post cmdr., post first vice cmdr., post second vice cmdr., post adj., post hist., post sgt.-at-arms, post fin. off., dept. cmdr., dept. vice cmdr.
NATIONAL POSITIONS: Nat'l Veterans Preference Cmte., Nat'l Insurance Cmte.

REGION: Illinois, Indiana, Kentucky, Michigan, Ohio, West Virginia, Wisconsin

WILLIAM A. RAKESTRAW

National Vice Commander | Northeast Region



HOME: Wall, N.J.
MEMBERSHIP: 39 years, Post 346
MILITARY SERVICE: U.S. Army, 1953-1958
OCCUPATION: U.S. Postal Service, retired

LEGION HIGHLIGHTS: Post cmdr., post vice cmdr., post jr. vice cmdr., post sr. vice cmdr., post sgt.-at-arms, dept. cmdr.
NATIONAL POSITIONS: Nat'l Sec. Cncl., Nat'l Sec. Cmsn., Nat'l Subcmte. on Resolutions

REGION: Connecticut, Delaware, District of Columbia, France, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont

WAYNE D. SATROM

National Vice Commander | Midwest Region



HOME: West Fargo, N.D.
MEMBERSHIP: 43 years, Post 210
MILITARY SERVICE: U.S. Army, 1964-1970
OCCUPATION: Farmer, semi-retired

LEGION HIGHLIGHTS: Post cmdr., district first vice cmdr., district cmdr., regional vice cmdr., dept. cmdr.

NATIONAL POSITIONS: Nat'l Convention Cmsn., Alt. Nat'l Exec. Cmte.

REGION: Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, Oklahoma, South Dakota

DOUGLAS W. WOODDELL

National Vice Commander | Western Region



HOME: Aurora, Colo.
MEMBERSHIP: 32 years, Post 23
MILITARY SERVICE: U.S. Air Force, 1966-1969
OCCUPATION: Master plumber

LEGION HIGHLIGHTS: Post cmdr., post sr. vice cmdr., post jr. vice cmdr., post adj., post fin. off., dept. cmdr., dept. sr. vice cmdr., dept. jr. vice cmdr.

NATIONAL POSITIONS: Aide to nat'l cmdr., Nat'l Cemetery Cmte., Nat'l Veterans Affairs & Rehab. Cmte.

REGION: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Mexico, Montana, Nevada, New Mexico, Oregon, Philippines, Utah, Washington, Wyoming

CHAREMON DUNHAM

National Historian



HOME: Iroquois, S.D.
MEMBERSHIP: 23 years, Post 280
MILITARY SERVICE: U.S. Army, 1974-1976 and 1979-1990
OCCUPATION: Caregiver

LEGION HIGHLIGHTS: Post cmdr., post adj., post fin. off., post chaplain, county cmdr., district vice cmdr., district cmdr., dept. vice cmdr.

NATIONAL POSITIONS: 100th Anniversary Observance Cmte., Trophies, Awards and Ceremonials Cmte. liaison

DR. DANIEL McCLURE

National Chaplain



HOME: Washington, Iowa
MEMBERSHIP: 12 years, Post 29
MILITARY SERVICE: U.S. Air Force, 1962-1976; Iowa National

Guard, 1995-2005; U.S. Army Reserve, 1976-1995

OCCUPATION: Minister

LEGION HIGHLIGHTS: Post chaplain, district chaplain, dept. chaplain

RONALD A. MILUSZEWSKI

National Sergeant-at-Arms



HOME: Colonial Beach, Va.
MEMBERSHIP: 35 years, Post 139
MILITARY SERVICE: U.S. Navy, 1967-1972
OCCUPATION: Hospital

administrator, retired

LEGION HIGHLIGHTS: Post cmdr., post adj., post first vice cmdr., district cmdr., dept. cmdr.

NATIONAL POSITIONS: Nat'l Economic Cmte., Nat'l Employment Subcmte., Nat'l Sec. Cmte., Nat'l Homeland & Nat. Sec. Cncl. vice chmn.

ROBERT W. RENNER

Aide to the National Commander



HOME: Woodbridge, Va.
MEMBERSHIP: 28 years, Post 180
MILITARY SERVICE: U.S. Marine Corps, 1972-1992

OCCUPATION: U.S. Marine Corps, retired; federal publishing manager, retired
LEGION HIGHLIGHTS: Post cmdr., post second vice cmdr., post fin. off., district cmdr.

NATIONAL POSITIONS: Nat'l & Homeland Sec. Cncl. vice chmn.

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– Janet F.

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fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games—you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time

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A culture of growth

Five-year plan aims to increase awareness, membership.



American Legion posts, districts and departments are working to help the organization increase membership high in time for its 100th anniversary. In May, the National Executive Committee passed a new five-year plan that focuses on five key areas:

- Brand awareness
- Communication
- Training, education and leadership development
- Post creation, development and revitalization
- Membership recruiting and retention

Visit www.legion.org/membership to learn more and to see how Legionnaires are creating a culture of growth for the nation's largest veterans service organization.

MyLegion.org enhancements 2.0

In 2014, enhancements will be made to myLegion.org for all audiences:

■ **Members** will be able to set their accounts for automatic renewal, connect with member discounts, and access all publications, including the electronic version of *The American Legion Magazine*.

■ **SAL squadron officers** will have access to the same basic membership tools available to American Legion post officers.

■ **District/county officers** will have access to information about posts in their areas, and be able to retrieve lists for new post development.

■ **Post officers** will be able to process renewals and new member additions inside myLegion. This will be a test project in 2014.

■ Deployment of a **Post Locator app** for Droid and iOS.



"We have requested that every department formulate a five-year-and-beyond membership plan to grow our membership ... That plan will be used in monitoring our growth as we move toward our 100th anniversary date, and beyond."

National Commander Dan Dellinger



"One of the main questions young soldiers ask is, 'What can The American Legion do for me?' And you need to be able to outline that – what The American Legion can do for them."

Frank Carr of Virginia, four-time American Legion Recruiter of the Year



"You've heard it many times ... just ask. Most veterans joined the service because they wanted to serve the country. And they still want to serve. So when they are asked to be a part of The American Legion, they will willfully join."

Mike Bowen of Waterloo, N.Y., who focuses on local-post placement at the district level

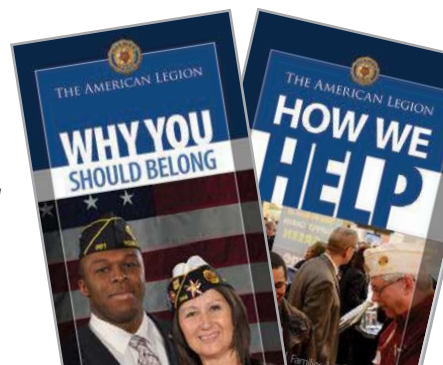


"People seem to cringe when they have a person ask them, 'What's in it for me?' I find that to be a very honorable question because people have various reasons for joining."

Jim Fiedler, longtime American Legion staff member, now a membership recruitment consultant

DVDs and brochures available to help recruiters

A new video series titled "Just Ask" features tips from recruitment experts Frank Carr, Jim Fiedler and Mike Bowen. Two new brochures – "Why You Should Belong" and "How We Help" – are recently revamped and available. ✉ ia@legion.org



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Thanksgiving in Grenada

The now-prosperous island nation remembers the U.S. invasion that freed it.

BY KEITH NIGHTINGALE

For 30 years, the people of the island nation of Grenada have considered Oct. 25 their Thanksgiving – a special day to remember how the U.S. military rescued them from a communist takeover and restored constitutional government. The Grenada invasion also stands as a watershed moment for the United States, putting the bitter Vietnam experience behind it.

It was 1983. There were active insurgencies in Nicaragua and El Salvador. Cuba was stirring up trouble in large parts of South and Central America. The Middle East remained unsettled, and U.S. influence was on a steady decline. Grenada had become a lackey of Cuba, which was investing heavily in a new Point Salines airfield that could handle Soviet aircraft. Cuba had sent a large engineer element as well as security forces to the main island. In March that year, President Ronald Reagan warned that Grenada could become a convenient midpoint between Cuba and its Latin American activities, fomenting unrest throughout the region.

Four years earlier, Grenada's democratic government had been overthrown in a coup and replaced by a socialist dictatorship. On Oct. 14, 1983, an internal power struggle within the dictatorship resulted in the killing of original coup leader Maurice Bishop. He was succeeded by chief lieutenant Bernard Coard and his enforcer, Gen. Hudson Austin, both hardline communists. U.K. Gov. Gen. Sir Paul Scoon was placed under house arrest. The eight islands of Grenada quickly became a gangland, ruled by military-age males with new AK-47s and no discipline. Thuggery ruled more than ideology.

Amid the chaos, a U.S.-based expatriate medical school, St. George's University, continued to operate on Grenada's main island. However, students and faculty became increasingly alarmed

ABOVE: U.S. soldiers deployed in 1983 connected with the island people of Grenada, who had been subject to life-threatening curfews by a communist dictatorship. Corbis

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**Shelly Huffman,
North Canton, Ohio**

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EdenPURE® differs from cheap Asian imports by using real copper heating chambers and exclusive infrared quartz bulbs. This combination provides clean, healthy heat for your home. Researchers discovered the copper chambers and infrared bulbs act as "natural air purifiers", destroying bacteria as the air is recirculated through the room. Now, thanks to the new TiO₂ air purifier for 2014, the EdenPURE® Classic is even more efficient as an air cleaner.

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requests at the sale price. See the attached BUY AMERICAN SAVINGS COUPON to take advantage of this opportunity.

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about their well-being. On Oct. 20, Austin announced a curfew and vowed to shoot anyone leaving his or her home without authorization. He brought in additional guards and accused the medical school of spying. Students called friends and families, fearing their lives were in danger.

The Organization of Eastern Caribbean States appealed to nonmembers Jamaica, Barbados and the United States to intervene militarily. Then, on Oct. 23, a suicide bomber attacked the U.S. Marine barracks in Beirut, killing 241 American troops.

THE PLAN Independent of the Joint Chiefs' plans for an invasion of Grenada – the first significant U.S. military action since it left Vietnam a decade earlier – a decision was made to send a Marine force by sea to reinforce the Beirut elements. This force was afloat in the Caribbean when the Grenada invasion got the green light. The Joint Special Operations Command (JSOC), created as a result of the failed Iran rescue attempt in 1980 and an independent entity reporting to the Joint Chiefs, would be the strike force. Concurrently, Atlantic Command, which had also been tasked for the same mission, proceeded with its plan.

It was simple. Navy SEALs would infiltrate early with an Air Force Special Operations team to land at the Point Salines airfield – the key initial objective. They would covertly mark the runway as the drop zone for the 1st and 2nd Ranger battalions, which would conduct an airborne assault to secure the objective. Meanwhile, Delta and SEAL forces would depart Barbados with TF-160 aircraft to seize the Richmond Hill prison, secure Scoon at his residence and relieve the students at St. George's. At this point, the plan became a casualty of events.

The Joint Chiefs met Oct. 23 and had a heated exchange regarding the invasion. Marine Corps Commandant P.X. Kelley made an impassioned speech to engage the Beirut-bound Marines in the invasion. Chairman Gen. John Vessey Jr. noted the short time to execution but was willing to consider alternatives to the JSOC plan. Later in the day, Army and Joint Chiefs planners presented a new plan, which went like this:

Marines would conduct simultaneous landings at Pearls Airfield on the main island's northeast side; secure beaches just north of Grand Anse, the main town; and relieve SEALs at Scoon's house. The XVIII Airborne Corps out of Fort Bragg would reinforce the Rangers at the airfield, help secure the St. George's campus, and conduct clearing and support operations in the interior. The Navy, led by

Vice Adm. Joe Metcalf III, would be in charge with a two-carrier task force. Army Maj. Gen. Norman Schwarzkopf Jr., hastily appointed deputy commander, was afloat with Metcalf. H-Hour was set for 4 a.m. Oct. 25. At this point, things began to slip off the rails, with dramatic consequences.



Communist leaders Bernard Coard, left, and Hudson Austin were taken to the Richmond Hill Prison after U.S. troops turned them over to Caribbean security forces. Corbis

JSOC had little time for mission coordination or discussing task responsibilities with the conventional forces. There was no set of common communications-electronics operating instructions between JSOC elements and the other players, which would prove disastrous. Neither were there coordinated communications instructions between the forces afloat and the XVIII Airborne.

The JSOC plan took advantage of its night-vision capabilities. The Rangers would start the mission with a night jump to seize the airfield – a scenario they had rehearsed dozens of times. TF-160 aircraft, moving Delta and the SEALs from Barbados, would also take advantage of darkness to land operators on their objectives with minimal light.

On Oct. 24, the Navy and Marines requested that the operation be postponed until about 8 a.m., so that they'd have enough daylight to successfully navigate the shoals. Despite JSOC objections, the postponement was granted, forcing the Rangers to conduct a daylight jump of the heavily defended Point Salines airfield.

In the early morning hours of Oct. 25, elements

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of SEAL Team Six were dropped over the horizon by Air Force Special Operations Forces (SOF) aircraft. They were heavily loaded and, in an unexpectedly heavy sea, drowned. The Marines successfully landed north of Grand Anse but were held up by a combination of narrow roads and light opposition. They occupied Pearls Airport on the main island and the northern island of Carriacou. Elsewhere, results were mixed.

The Rangers were greeted by 20 mm anti-aircraft fire from near the Point Salines airfield. The guns tore holes in eight of the jump C-130s. The results would have been worse, but Lt. Col. Wes Taylor, the Ranger assault force commander, asked for a 500-foot above-ground jump, and the anti-aircraft artillery couldn't effectively depress to that altitude. The Cuban engineer security elements fully engaged the Rangers and held the high ground east of the runway. Ranger and Delta snipers immediately began to eliminate exposed Cubans. Accompanying AC-130 gunships suppressed anti-aircraft fire from the ground and reduced the Cubans' ability to maneuver.

The night SEAL insertion to rescue Scoon initially succeeded, but Grenadian forces reacted by surrounding the house where he had been held. The Marines were unable to effect a linkup, and the SEALs used the now-famous act of calling JSOC at Fort Bragg through an AT&T landline and directing the AC-130s to keep the attackers at bay.

The Richmond Hill assault operation ran into .51-caliber machine guns on the corners of the prison walls, seriously wounding several Delta operators. The prison was not secured until several days later.

The 82nd began arriving midmorning. Though secured by the Rangers and Delta, the airfield could accommodate only one aircraft at a time and could use just one end of the runway as an offload point, effectively shutting down other landings. This was exacerbated by the artillery unit stationed at the southeastern side of the runway, which forced planes to divert whenever there was firing. As a result, the best turnaround times for landing were in excess of 45 minutes per plane. Over the next two days, 82nd troops and Corps support elements trickled in one plane at a time. The inability to rapidly land aircraft forced the Air Force to scatter planes throughout the region to refuel and await landing times. Consequently, most units landed piecemeal, intermixed and well behind schedule.

Elsewhere, poor communication and inadequate planning created significant issues.

The inability of the TF-160 pilots to talk to the Navy ships resulted in casualties. TF-160s wanted to fly the wounded directly to naval ships offshore as the best, most expedient way. However, when they approached the forces afloat, there was no ship-to-helo communication, and the Navy waved them off. In frustration, a TF-160 pilot with casualties aboard landed on the helo deck of one ship anyway, despite the crew's efforts to stop him.

By Oct. 27, thanks to minimal opposition and a lot of ground liaison, some calm and order prevailed. The 82nd discovered a second campus at Blue Anse and secured its students. It also moved overland and secured the main medical school campus at St. George's. The Rangers and Deltas were removed and returned to their home bases. Elements of the 82nd were sent throughout the eight islands of Grenada to separate military thugs and criminals from the general public. The 2-505 of the 82nd captured Austin on Oct. 27, effectively ending any possibility of organized resistance.

On the same date, U.S. servicemembers received a significant morale boost. After the 2-505 had landed piecemeal throughout Oct. 26-27, it was finally assembled that morning and moved across the runway toward the interior. Simultaneously from the east, all the rescued students were moving toward a C-141 that would take them back to the United States. On the hot and humid runway, students spontaneously rushed to the soldiers, overwhelming them with kisses, handshakes, backslaps and thanks. It didn't matter that these weren't the same soldiers who had rescued them. The students saw uniforms with U.S. flag patches and wanted to show their gratitude. Their expression provided a psychological boost to the troops.

WARM GREETINGS When the soldiers entered Grenada's interior, there was a different welcome.

Grenada is extremely rugged, mountainous and jungle-covered, with only the most basic road network. Virtually all of the island is ringed by a sheer, rocky coastline with few beach areas. Battalions split into isolated platoon and squad sizes to occupy and clear villages and individual homes. The main island and its seven smaller islands were quickly occupied by a brigade-sized series of small-unit infantry patrols.

The purpose of these sweeps was to root out the military and criminal elements. By the end of the first day of the invasion, Austin's army had dropped its uniforms, put on civilian clothes and tried to fade into the population. It didn't work.

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U.S. Special Forces troops receive fresh water from an islander during Operation Urgent Fury. The people of Grenada provided food, water and support. Corbis

Nearly every small unit had the same story. They arrived in a populated area via helo or truck (units acquired portions of a large Soviet vehicle park) and were warmly greeted as saviors by the local people. They offered food, water and shelter. Very quickly, locals pointed out the thugs, who were detained and flown to the rear for further interrogation and incarceration. This continued until all population centers had been screened and occupied by forces ranging from a squad to a battalion command post.

By mid-November, most of the assault elements had returned to the United States, and military missions were conducted to rebuild the infrastructure, get local government running and assist Caribbean peacekeeping forces in assuming control while Grenadians underwent short-term security and police training. During this period, Grenadians' emotional support for the invasion became evident.

However, a number of countries, including Great Britain, were voicing objection in the aftermath of the invasion. Protest speeches were made at the United Nations, and anti-U.S. demonstrations occurred in several foreign cities. The Grenadians, meanwhile, had a completely opposite perspective on the U.S. intervention.

A DEBT PAID During that late autumn of 1983, U.S. soldiers told locals about a fast-approaching American holiday and its meaning. The concept of Thanksgiving and its traditional meal had been unknown on the island nation, once a British colony. The Grenadians, scattered in more than 100 different small population centers, were determined to express their thanks to the U.S. forces who came to overthrow the violent communist dictatorship. Phone calls were made. Boats and light aircraft came and went. In bits and

pieces, foodstuffs unfamiliar to Grenadians were gathered in secret.

Finally, on Thanksgiving Day, the many towns and villages with squads or platoons of U.S. soldiers invited them to have a Grenadian Thanksgiving. No one was more surprised than the soldiers and their leadership.

Across the islands, the scene was repeated again and again. Soldiers in full combat gear assembled at the villagers' request in various buildings or shady fields where Grenadians made small talk and invited the soldiers to eat. The meals featured some form of turkey, canned or roasted whole, accompanied by canned yams, cranberry or potatoes – nothing native and all strange to island kitchens.

Speeches from the locals invariably went something like this: "We don't know much about this thing you call Thanksgiving, and we don't understand the food. But we do know that it is important to you and want you to know that our Thanksgiving is the day you came. Thank you."

Today, in Grenada, Oct. 25 remains Thanksgiving, a national holiday.

The invasion's success, reinforced by low casualties and Grenadian gratitude that even the media couldn't ignore, was a rare moment of good news for the U.S. military at that point of the 1980s.

The various glitches and issues that arose as part of the invasion were addressed and resolved, though not without controversy.

Key was the elevation of the Special Operations Forces to the same level of other major commands. Congress' relentless questioning on why mistakes occurred – intelligence failures, no joint communications and electronics operating instructions, no clear lines of authority – resulted in the Nunn-Cohen Amendment, which established U.S. Special Operations Command at the four-star level, and



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Crowds cheer the arrival of 82nd Airborne Division soldiers returning after deployment to Grenada during Operation Urgent Fury. DoD

later the creation of an SOF-controlled budget line giving SOF elements authority to procure outside their mother services. This was accomplished despite the services' protests that such legislation was unnecessary, facts notwithstanding.

One could argue today, however, that the success of the Osama bin Laden raid was made possible by the lessons of the Grenada invasion.

Of equal importance was the effect of the invasion on the individual military participants. On the islands, they lived in an atmosphere of sincere appreciation for their presence and were showered with food and thanks. For many, it was an important introduction into the symbolism of the U.S. flag's meaning to others, as well as to themselves.

My unit, the 2-505, was the last combat unit to leave. We were spread across the islands, rebuilding infrastructure, training local security forces and assisting in what are called COIN (counter-insurgency) operations today.

As the senior field officer reporting directly to the XVIII Airborne Corps, I made daily rounds of all the villages to resolve issues, check on the troops and evaluate the turnover from the 82nd Airborne to the Caribbean peacekeeping forces. As our departure neared, I was continuously met by small groups of villagers pressing petitions on me for Grenada to become the 51st U.S. state. These entreaties steadily increased as our time on the island grew shorter. I was mindful of a paraphrase of Winston Churchill when I talked to my small units in these villages: never have so many been gratified by so few.

Certainly, Grenada solidified the pride we all have for our military.

One of my soldiers was killed by an accidental

weapons discharge. He was the only child of Indian parents, a doctor and a nurse, who immigrated to the United States. I wrote a letter of condolence to them that was quickly answered. The parents said it was a privilege to have him as their son and a greater privilege to pay back the nation that gave them so much. While they suffered a tragic loss, it was for a great cause, and they would always remember that he was part of something larger than himself.

On our final day on the island, I met a soldier who had a letter in one hand and a newspaper clipping of the Statue of Liberty in the other. An E-4 from New York by way of Puerto Rico, he told me about his mother, who had come to America with two babies and worked hard to support them. In the letter, she thanked her son for what he was doing, saying that we all owe a debt to "the lady in the harbor" and that she was so proud that he had paid that debt.

Today, Grenada is reasonably prosperous, peaceful and progressive. Any American, especially a soldier, is warmly greeted and treated to whatever is available – especially on the 25th of October – when thanks is given at the island nation we freed from communist dictatorship. 🇬🇩

Retired U.S. Army Col. Keith Nightingale served two tours in the Vietnam War and later commanded battalions in Italy, the 82nd Airborne Division and the Ranger Regiment. He was an assault force commander in Grenada, a member of the Joint Chiefs of Staff Special Operations Directorate and an original member of the Joint Special Operations Command. He is a frequent contributor to The American Legion Magazine.

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HOW TO END A WAR

*America's exit from Vietnam should not be
our template in Afghanistan.*

BY GEORGE J. VEITH

As the role of U.S. ground forces in Afghanistan ends, the nation's future remains cloudy. Can Afghan military forces maintain security throughout the country? Will there be a diplomatic pact that enables the Taliban to participate in the political process? How much U.S. aid and ongoing training will be required to support the Afghan government and military? If a decade of war and thousands of American casualties mean anything, these and many other questions will continue to confront U.S. military and political leaders.



On April 21, 1975, North Vietnamese forces launched rockets at Saigon, striking the town center and setting fire to 150 wooden houses. Fourteen people were killed and more than 40 injured in the attacks. Corbis



The events leading to the signing of the 1973 Paris Peace Accords that ended the war in Vietnam, and the results that followed, offer lessons that U.S. leaders can draw upon today. While the conclusion of the Iraq War was relatively seamless, Vietnam was anything but. In the years leading up to the Paris accords, direct negotiations with Hanoi's leaders by both the Lyndon Johnson and Richard Nixon administrations – including secret talks begun by Nixon's national security adviser, Henry Kissinger – had failed. As prerequisites for any peace accord, the North Vietnamese had demanded the removal of President Nguyen Van Thieu's government in Saigon and the withdrawal of all U.S. forces. Hanoi believed that without U.S. support, the “puppets” in Saigon would quickly collapse.

Since Nixon refused to accede to what was essentially a disguised surrender, he sought to end the war through a mixture of various strategies. First was “Vietnamization” – withdrawing U.S. forces while strengthening the South Vietnamese military so they could assume the brunt of the war. Second, both Nixon and Kissinger sought to separate the military issues from South Vietnam's future political makeup. Third was detente with the Soviet Union and China. Nixon hoped to persuade these patrons of North Vietnam to pressure Hanoi into ending the war; in return, they would receive reduced tensions with the United States and possible economic benefits.

Unfortunately, Nixon's policy foundered upon Hanoi's intransigence. Yet in March 1972, a new opportunity arose. Believing that the U.S. military pullout had left the South Vietnamese badly weakened, North Vietnam gambled on a massive military assault to conquer its enemy. Called the “Easter Offensive” by the United States, Hanoi threw most of its army into battle, seeking either a complete victory or the creation of a coalition government. Nixon sensed that if the allies could beat back the invasion, that defeat might finally compel Hanoi to negotiate an end to the war. When the South Vietnamese army, backed by copious U.S. firepower, held its ground and inflicted severe casualties on Hanoi's troops, Nixon was proven correct. The communist military defeat convinced Hanoi's leadership that

a diplomatic solution was needed. In early October 1972, Hanoi conceded on one of its key demands, announcing that it would agree to allow the Thieu government to remain in power after the signing of a cease-fire agreement. This political compromise, despite disputes between the United States and North Vietnam in November and December, eventually led to the signing of the Paris Peace Accords in January 1973.

Although Kissinger had kept Thieu informed of the progress of the negotiations, the South Vietnamese had not been involved in the secret talks. Once he'd struck a deal with the North Vietnamese, he traveled to Saigon in October 1972 to brief Thieu on the draft agreement. The U.S. government quickly discovered that it would now have as much difficulty concluding the pact with Saigon as it had with Hanoi. When Thieu learned that the agreement did not require the North Vietnamese to withdraw their troops from South Vietnam (which Hanoi refused to do), he bitterly opposed it. From mid-October 1972 until mid-January 1973, he fought ferociously to amend the proposed accord. Acrimonious disagreement over Thieu's demands nearly caused a rupture between the two allies.

Attempting to mollify Thieu, Nixon sent Kissinger back to Paris in November and December to renegotiate certain sections of the accords. Hanoi balked at Thieu's demands, and the talks broke down. Nixon, frustrated at what he perceived as communist stalling, commenced a massive bombing campaign against North Vietnam on Dec. 18, 1972. By the end of December, Hanoi and the United States had agreed to resume negotiations. Kissinger managed to modify the agreement in several places, but on the all-important issue of North Vietnamese troop withdrawals, Hanoi still refused. In mid-January 1973, with the accords concluded for a second time, Thieu also acquiesced, but only in response to a combination of heavy U.S. pressure and secret guarantees. Nixon had threatened to cut off all military and economic aid if Thieu refused to sign the agreement (which would have been essentially a death blow to South Vietnam), but secretly promised to maintain aid and respond militarily if the communists launched another major offensive.

The peace accords had several critical sections that, if properly implemented, would have led to a lasting peace in Southeast Asia. All three parties agreed to a cease-fire, the release of prisoners, the withdrawal of all U.S. combat forces, and a halt to infiltration of North Vietnamese men and war materiel into South Vietnam.

On paper, the accords essentially achieved Nixon's main strategy: U.S. forces would be withdrawn, the South Vietnamese military had been built up, and the Russians and the Chinese were engaged in ending the war. The military issues (for a time) were solved, while the political issue would be turned into a debate between the Vietnamese. By March 1973, the two Vietnamese parties were engaged in negotiations in Paris. However, those talks led nowhere. Although Saigon offered several formulas for elections, Hanoi repeatedly refused.

Worse, the cease-fire immediately broke down. Fighting raged across South Vietnam as both sides jockeyed to gain additional territory. Further, despite the communists' assurances that they would honor the accords, they immediately broke their word. They continued their infiltration into South Vietnam, refused to withdraw troops from Laos and Cambodia, and stymied U.S. efforts to learn the fates of American MIAs. The South Vietnamese implemented the accords only grudgingly, violating the cease-fire themselves and dragging their heels on releasing some high-ranking civilian communist prisoners.

Despite the ongoing communist violations, Congress passed a law prohibiting all direct U.S. combat involvement in Southeast Asia, including air support. Moreover, Congress, unaware of Nixon's secret promises, dramatically cut military aid to South Vietnam. Just as devastating, but often overlooked, was the concurrent cutback in U.S. economic aid. That loss of economic support, combined with the withdrawal of U.S. troops, the oil crisis and the worldwide economic doldrums, sent the South Vietnamese economy into a depression. Emboldened by our retreat, and well aware of the erosion of South Vietnamese combat power and morale, North Vietnam launched another massive military invasion in March 1975. Scenes of fleeing refugees filled U.S. TV screens. On the last day, as North Vietnamese troops closed in on Saigon, panicking South Vietnamese besieged the locked gates of the U.S. Embassy while helicopters flew American personnel out to waiting ships.

These scenes now symbolize America's worst foreign-policy disaster of the 20th century. The

postwar catastrophe in Vietnam was equally horrific. Our South Vietnamese allies were crowded into brutal prison camps while thousands of refugees fled the country in rickety ships, earning the nickname "boat people." The subsequent "Vietnam syndrome" that paralyzed U.S. policymakers for a decade, the second-guessing from our allies regarding America's staying power and the rise in Soviet adventurism in the Third World can all be traced to our defeat in South Vietnam.

Preventing a second such nightmare in Afghanistan is crucial. A poorly planned U.S. withdrawal could pave the way for a Taliban victory, which would surely lead to similar appalling reprisals and hordes of desperate people seeking to escape. A precipitous collapse of Afghanistan would also leave a permanent scar on the American public and policy-level opinion, and would undoubtedly embolden our enemies into escalating their efforts against not only U.S. but all Western interests.

Does the Nixon administration's plan to use detente, Vietnamization, and separation of the military and political issues to end the Vietnam War provide a game plan for Afghanistan? I believe so. But which lessons are critical, which mistakes must we avoid, and which successes should we try to replicate? While there are striking similarities between the two situations, there are also enormous differences, such as the impact of religion and ethnicity on the conflict. The key, then, is to mitigate the problems while learning from the triumphs to prevent the collapse of Afghanistan.

Nixon's initial plan was to withdraw the United States from the conflict while ensuring the survival of the South Vietnamese government. Although he publicly tied U.S. troop withdrawals to improvements in South Vietnamese military capacities, domestic considerations – budget issues and anti-war protests – also played a huge role. The Nixon administration was under tremendous pressure to end the war, and by 1971 it had announced a major change in its negotiation offer. Kissinger broadcast that the United States would no longer demand that North Vietnamese troops withdraw concurrently with U.S. troops. Moreover, Hanoi realized the importance the United States placed upon recovering its POWs. It was able to leverage that desire to force the United States to completely remove all its combat forces without having to withdraw its own. This departure of U.S. military units, firepower and advisers created a sense of abandonment among the South

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Afghan police inspect the scene of a firefight with Taliban militants who targeted a U.N. compound in Kabul in May. Corbis

Vietnamese that the communists fully exploited. With the Americans gone, the South Vietnamese desperately short of supplies and communist units entrenched in South Vietnam, Hanoi could not pass up such a tempting opportunity.

Since President Barack Obama has already announced his intention to withdraw U.S. troops, that card is off the table. However, reports indicate that he intends to leave at least one combat brigade, along with Special Forces and drones. A continuing U.S. combat presence will enable ongoing training and improvement for the Afghan military. More importantly, it will provide much-needed psychological support for the Afghan people and government, demonstrating that they have not been abandoned to the tender mercies of the Taliban. But whispers of a “zero option” – no U.S. troops on the ground – have been circulating. Most likely a trial balloon released by White House staffers, these should be swiftly shot down. A total withdrawal of U.S. troops, including training personnel and Special Forces, would only plant the seeds for more war, not compel the Taliban to seek a diplomatic solution.

Currently, the Afghan situation appears to be stuck in a pattern comparable to Vietnam before the “Easter Offensive.” Training and expansion of the Afghan military and police continue. U.S. forces are beginning their withdrawal, even though there have been no signs of a diplomatic breakthrough. Scattered press reports indicate that there have been some efforts to negotiate with the Taliban, but such diplomacy has been inconclusive. Like the communists in Vietnam,

the Taliban do not consider their opposite number – President Hamid Karzai’s government – legitimate. They refuse to meet with Karzai’s High Peace Council, a body he created specifically to confer with them.

However, the Taliban are not the North Vietnamese army. They do not have the heavy weapons or largess of two huge patrons supplying them with weapons and food. What the two do have in common is fanaticism, a supply chain difficult to interdict (the Ho Chi Minh Trail and opium sales), sanctuaries to strike from, and a well-known penchant for using terror to achieve their aims. Given the Taliban’s ability to exert an insurgency, this again argues for keeping a modicum of U.S. combat power in Afghanistan.

Because of their lack of heavy weapons, the Taliban have not attempted any countryside offensives to win the war. They instead follow the revolutionary guidebook: guerrilla warfare, spectacular terrorist strikes and retreat to safe havens. Thus they have not suffered a dramatic battlefield defeat that might force them to the negotiating table. Their main stratagem now appears to be to wait us out. Perhaps, like the leaders in Hanoi, they believe that once we depart their enemy will quickly crumble. The Obama administration must ensure that the Taliban do not interpret U.S. withdrawal as an opportunity to strike, as Hanoi did in 1972. Much will depend on how the Taliban perceive the strength and morale of the Afghan National Army and U.S. willingness to reintervene, assuming religious fervor does not prevail over rational minds.

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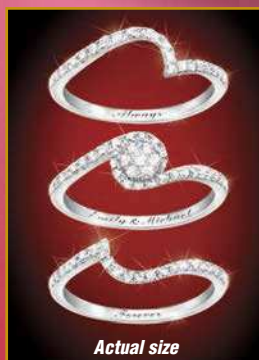
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Since the Taliban claim they will not speak with the Karzai government, should the United States attempt to negotiate a Paris-style peace agreement with the Taliban without Kabul's participation? The answer is no, and for a variety of reasons. First, Karzai has publicly stated that any peace talks should be only between the Taliban and his government. Second, the results in Vietnam demonstrate the dangers of U.S. diplomats' concluding a peace agreement on behalf of our allies without their active participation.

Given the difficulties that arose between Saigon and Washington over the October 1972 draft, and since South Vietnam's violent end set the stage for postwar charges of abandonment and recriminations about arranging a "decent interval" (a period after the departure so that the United States could not be blamed for Saigon's fall), we should refrain from trying to arrange such a concord. Plus, this will degrade one of the Taliban's most important propaganda claims: that Karzai is a U.S. "puppet" and hence illegitimate. Hanoi pressed the same misinformation about Thieu, much to its benefit. With U.S. forces remaining in country, this propaganda line will not be totally rebuffed, but it will certainly prove much less powerful.

Unlike Nixon, Obama is under no pressure to reach a Paris-style accord. With only one American POW currently held by the Taliban, the administration should move swiftly to negotiate a swap for his release. If there are no Americans being held hostage, and without the kind of vociferous anti-war pressure Nixon faced, the Taliban hold no leverage over U.S. actions other than the remaining threat to conquer Afghanistan. And the only way they could accomplish that is for the United States to repeat the mistakes of Vietnam: withdraw all combat forces, dramatically cut aid, destroy Afghan morale and thus invite a Taliban assault.

Therefore, from a posture of having resolved our military issues, we should let Kabul and the Taliban resolve their political issues. Karzai's stated position is that the Taliban must recognize his government and lay down their arms. It is difficult to gauge whether Karzai is offering elections or a coalition government if the Taliban agree to such terms, mainly due to discord over such an offer with the other ethnic groups in Afghanistan. Absent a decisive military defeat or some other compelling event, it is impossible to determine whether the Taliban will ever agree to talks, let alone honor a signed agreement. But the

Afghan government, after years of U.S. and international help, is now in a better position to negotiate with the Taliban than the United States, and we should let it.

That does not mean we should not help the Afghan government seek a peaceful end to the conflict. In the Vietnam analogy, Pakistan now plays the role of Russia/China, and there have been long-standing U.S. efforts to persuade it to cease supporting the Taliban, but those efforts have met with mixed results. The best course is to seek Pakistan's help in convincing the Taliban to engage in serious peace talks with the Karzai government. The message should be unambiguous: international forces are withdrawing, but the United States remains to support the Afghan people. The Taliban can join a peace process now to achieve some political voice or remain forever sidelined.

Additionally, a further message should be sent: any attempt at a massive attack after the main U.S. forces depart in hopes of toppling the Afghan government will be defeated. If such an attack is carried out, the Taliban will never be welcomed into the political process. Such a maneuver would require U.S. resolve, but it has the potential to place the Taliban in a difficult position, assuming some rationality exists in the Taliban command structure.

Our only real concerns are budgetary woes and a Congress intent on forging its own foreign policy. Congress and the Obama administration must resist the urge to slash military and economic aid or to consider the "zero option." Afghanistan's economy and tax system are unable at this point to support the large standing army and police forces needed to defend against continuing Taliban attacks.

The loss of South Vietnam need not be repeated in Afghanistan. The two situations are not completely similar; no two conflicts ever are. But understanding the mistakes the United States made in ending the Vietnam War can help us avoid them in Afghanistan. Given a small remaining U.S. military presence, and a continuation of aid, training and psychological support, we should be able to help that country maintain its freedom and validate the sacrifices of so many American servicemembers and civilians. 🌿

George J. Veith is a former Army captain and author of "Black April: The Fall of South Vietnam, 1973-75" (Encounter).

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Marine Corps Lt. William Lee stands at the head of President John F. Kennedy's casket in the White House's East Room.

White House photo, courtesy John F. Kennedy Presidential Library and Museum

At Attention for JFK

Commander of 1963 Marine Corps Silent Drill Platoon will never forget his days guarding the president's casket.

BY HENRY HOWARD

"Where were you when you heard about JFK?"

William F. Lee, now a retired Marine major, clearly remembers where he was on Nov. 22, 1963, 50 years ago this month. He was playing in an intramural football game when a courier delivered news that President John F. Kennedy had been shot. For Lee, it was a call to action. He was the commander for the Marine Corps Silent Drill Platoon at the Marine Barracks in Washington.

In the days following the assassination, Lt. Lee and his men served on what they call "death watch," standing guard at the president's casket in the East Room of the White House and at the Capitol Rotunda. "It was completely silent in there. And one was left alone with his thoughts, which made it very difficult," says Lee, one of three Marines to receive the Army Commendation Medal for his service during that time.

A group of five – one servicemember representing each branch of the military – would stand

guard for 30 minutes, then rotate out for another group and take a break for two hours.

"It didn't seem like two hours," Lee recalls. "Thirty minutes was gone just getting off and on again. When we came off watch, we took off our uniforms. And in the case of the Marines, we pressed them and shined the brass, and spit-shined the shoes. Then had a cup of coffee, and by the time you did all that, it was time to put your uniform back on again and get ready to go, then get inspected by the officer, and then go back up and start the procedure all over again."

That's how it went for several days, except for one impromptu private Mass for the Kennedy family. About 25 minutes into one of Lee's watches, the officer in charge whispered to him that there would be a Mass, and Lee's group would stay on for the duration.

Lee says all the Kennedy family members were there, along with some Cabinet and staff members – 30 to 50 people in all.

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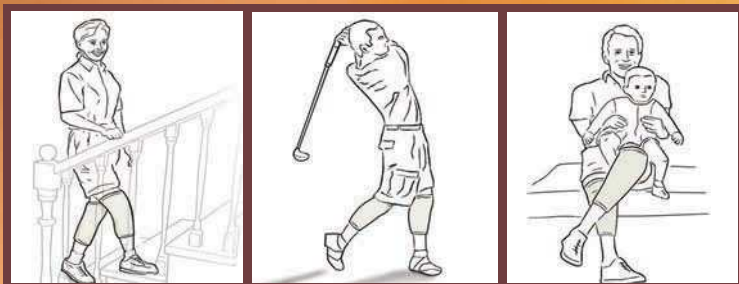
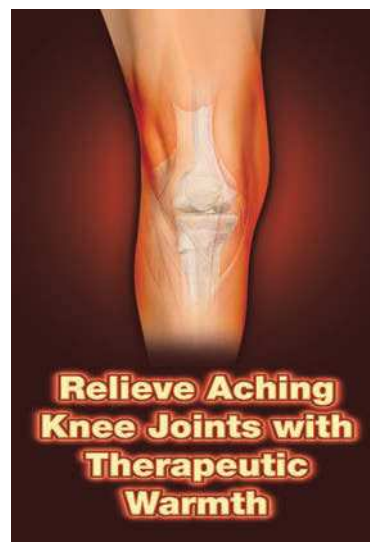
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"We were still at attention, and the Mass went on another 50 or so minutes," Lee says. "It was excruciating to stand there at attention that long, not blinking, being perfectly motionless like a mannequin. The family – Jackie, John-John and Caroline – were sitting directly in my line of vision at the foot of the casket, along with Robert Kennedy, Ethel Kennedy, and Ted Kennedy and his first wife. So that was disconcerting. I just had to do math problems in my head."

After the Mass, each Kennedy family member stopped and prayed at the casket, Lee says. Then Jackie and the children paused at the head of the casket. "She said some prayers. I couldn't hear the words. That was a little tough to handle."

Lee says someone accompanied the two children out while Jackie stayed and "put something in the casket. I don't know what it was, and then she got up and left. Beyond her, I could see the relief watch had formed in the hallway, so I knew we were going to get off watch finally after about an hour and a half of staying at attention. She (Jackie) turned back and looked at the casket. It was the most forlorn look that I have ever seen. I mean, it was just stunning. It was like someone stuck a knife in me. I was thankful that the watch came on and relieved us in a few minutes because I was more than ready to leave."

Later, the "death watch" squads served at the public viewing in the Rotunda. Lee says that while the routine was largely the same – 30 minutes on, two hours off – the setting, the crowds and the TV cameras provided a stark contrast to the serene duty in the East Room.

"The TV cameras were filming or doing something almost all of the time," Lee says. "It was like having 200 degrees on the back of your head and neck, and your back. And out front, the doors were open. It was November and there was a coolish breeze. I guess it was in the 30s. So you had some cool air on your forehead, and the difference between the two was disconcerting."

The squads remained as still as mannequins amid other distractions. "Every other person in the crowd had a flashbulb camera. And when they got to the front of the casket, there were flashbulbs going off all the time."

While standing in silence, Lee reflected on what he calls his "personal eyeball contact" with President Kennedy a few months before his death. Lee had often served during special presidential events, including the arrival of Leonardo da Vinci's "Mona Lisa" in the United States for a tour earlier that year. After a dinner reception at the National

JFK and The American Legion

When John F. Kennedy addressed the 1960 American Legion National Convention in Miami, he spoke of what were then the world's hot spots: the Soviet Union, Cuba and other communist threats. In closing, the presidential candidate said, "Now, Legionnaires, who were willing in war to fall, faithful to the service of our country, I ask you in the 1960s to live, and live faithful to the service of the cause of freedom and the cause of the United States."

For his Navy service during World War II, his time in Congress and his work as the nation's commander in chief, Kennedy received the Legion's Distinguished Service Medal in 1961. When he was not able to attend the Washington Conference, nearly 1,000 Legionnaires went to the White House to deliver the honor.

The Legion's resolution credited Kennedy, a member of Crosscup-Pishon Post 281 in Boston, for "his analytical mind, personal industry and dedication to the fulfillment of America's high purposes," and for "rallying the forces of freedom not only to stem the advance of a deadly and determined foe but also to ensure the survival and the success of a free society both at home and around the world."

Receiving the medal, Kennedy declared that the United States had a charge to defend freedom around the world: "No American citizen should feel that this country is not making a major effect in the cause of freedom."



Gallery of Art, the president and his wife were supposed to take an elevator up one floor to meet their guests. But the elevator wasn't working correctly, and when the first couple stepped out of it, they were right alongside Lee, who was standing at attention. As they waited for the elevator to be repaired, he listened to their conversation – one he'll never forget.

"Jackie said, 'Jack, let's just go up the steps,'" Lee recalls. "He said, 'No, no, no. Let's wait for the elevator.' This conversation was repeated several times. Finally she said, 'Jack, let's go up the steps. Everybody is waiting.' He said, 'OK,' and as he turned to me, he said, 'Don't worry. I make all the big decisions.' Of course, I was a mannequin, so I didn't laugh." 🌿

Henry Howard is deputy director of magazine operations for The American Legion.

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Navy veteran and memory champion Ron White is interviewed on the "Fox & Friends" TV show in New York on April 4.

HONOR & REMEMBRANCE

Afghanistan, name by name

Ron White spent 10 months memorizing the names of the nearly 2,300 Americans killed in Afghanistan. It takes him 11 hours to write them in chronological order, which he does in public appearances.

"As a group or a whole they're not forgotten, but I want to remember them individually – to say to a family, 'Your son, Sgt. Kip Jacoby, is not forgotten,'" says White, who served as a Navy intelligence specialist in Afghanistan in 2007.

He debuted his Afghanistan memorial wall – a 50-foot dry-erase board hauled by a trailer – in his hometown of Fort Worth, Texas, in March. Stops in San Antonio, Phoenix and New York followed.

A two-time USA Memory champion, White learned the names using the loci method, which associates items with physical locations. "I started with my house, and that's, like, 30 pieces of furniture," he says. "Then you start using your friend's house, your favorite restaurant, the bank, the coffee shop. I had to get 2,200 locations like that, and each person had his own location."

At each public writing, White attracts a bigger crowd.

"When I was in New York City, a woman walked by and asked about the wall," White says. "I told her, and she burst into tears. She was in the Marines, and on her wrist she had the name of Lance Cpl. Derek Hernandez – one of her friends."

"Another guy asked what we were doing and we told him, and he was like, 'Oh my God!' He went over and looked at the wall, and he knew 10 names. He gave me a big hug. I can't count the number of veterans who have stood at the wall in tears. Moms and dads hear about it on the radio and come out and stand there for three or four hours, just to see me write their sons' names."

At first, White thought he'd memorize only first and last names, but that didn't feel like enough. "They earned their ranks," he says. "It's a measure of respect."

White has invested more than time in his tribute to the fallen of Operation Enduring Freedom. He's also invested thousands of dollars. "I'm limited in the number of places I can do it on my own, financially," he says. "But even if a company doesn't sponsor me, I'm still going to do it. I just probably won't do it as big. Honestly, I'd like to do it the rest of my life."

Watch videos of Ron White and read his blog online:

 www.americasmemory.com

HISTORY


World War II conference to focus on pivotal 1943

The National WWII Museum will conduct the latest in its 70th Anniversary of WWII Conference Series in New Orleans Nov. 21-23.

The 2013 International Conference on World War II – "1943: Victory in the Balance" – will focus on the middle period of the war, when the final result was still uncertain and its ultimate cost unknown, according to the museum's website. Leading scholars "will explore key battles, personalities and controversies from the middle of 1943 to the stalemate at Anzio in February of 1944."

Featured speakers will include retired general and former CIA director David Petraeus, Pulitzer Prize-winning historical journalist Rick Atkinson, Lafayette College history professor and TV commentator Donald L. Miller, and many others.

Sessions will cover theaters around the world, from air wars above Europe to submarine warfare in the oceans to land battles in Asia, as well as life on the American homefront. Events will take place at the museum, the U.S. Freedom Pavilion: The Boeing Center and the Hyatt Regency New Orleans. Registration is ongoing.

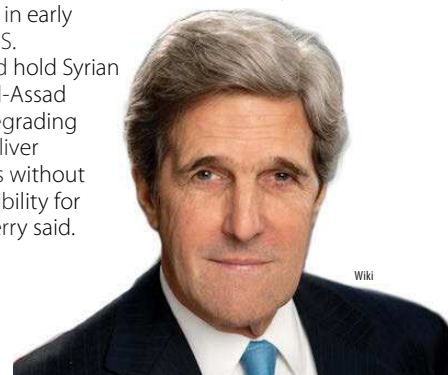
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Secretary of State John Kerry, vowing that the United States was "not going to war" as President Obama sought support in Congress for a military strike against Syria in early September. Any U.S. intervention would hold Syrian President Bashar al-Assad accountable by degrading "his capacity to deliver chemical weapons without assuming responsibility for Syria's civil war," Kerry said.

Source: BBC



FOREIGN AFFAIRS

Iran Wide Web

The Iranian government has announced plans to assign each and every Iranian citizen a government-mandated email address, Reuters reports. Tehran also plans to shunt Iranians onto an Iran-only Internet, taking the "world" out of World Wide Web.

Reuters adds that government authorities in Iran have repeatedly tried to control what Iranians

access via the Internet and have blocked software used to circumvent government filters and censors. "Many people said they experienced

unusually slow Internet speeds ahead of the June 14 election, a phenomenon critics saw as an apparent attempt to make it harder to organize pro-reform

candidate rallies via social media," according to Reuters.



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American Legion National Commander Dan Dellinger, testifying before the House and Senate committees on Veterans’ Affairs on Sept. 10. He said that the Legion wants to see the VA work-credit system reformed to reward processors who complete claims without errors and in a timely manner, rather than sheer volume of claims in a given time span.

Dellinger cited the Legion’s Regional Office Action Review (ROAR) site visits and field research, which reveal that VA Secretary Eric Shinseki’s goal of 98 percent accuracy “is far from being met.” In many cases, ROAR teams are finding error rates as high as two-thirds of all claims reviewed, he said.

Download a copy of Dellinger’s testimony online:



www.legion.org/publications

VETERANS HEALTH

Legion: Women vets struggle with status

Based on site visits to VA facilities nationwide, the latest American Legion “System Worth Saving” report outlines several challenges and recommendations in the area of women’s health care, including:

- Women veterans do not identify themselves as veterans and/or do not know what benefits they are eligible to receive. **Recommendation:** VA should develop a customized women-veterans health benefits track to improve awareness.
- Women veterans do not receive their mammogram results in a timely manner. **Recommendation:** VA should provide the necessary funding and resources to expedite implementation of the mammography package, allowing women the option of self-referrals and VA staff the ability to schedule, track and review mammogram results.
- Many VA facilities do not offer inpatient/residential mental-health programs for women veterans. **Recommendation:** Because women make up about 15 percent of active-duty forces, VA should continue to expand the number of mental-health inpatient/residential treatment programs made available to women leaving the service, and ensure they are offered in each Veterans Integrated Service Network.

Download a copy of the report online:



www.legion.org/womenshealthcare



Photo by Steve Brooks

LEGIONNAIRES IN ACTION

Riders raise \$12,000 for Camp American Legion

Wisconsin’s American Legion Riders raised \$12,000 during their annual fall charity ride, to go toward construction of a new chapel at Camp American Legion.

Since 1925, the camp – on 94 wooded acres along the shores of Big Carr Lake – has welcomed servicemembers and veterans coping with illness, injuries and disabilities. Together, they can rest and recuperate with their families, with opportunities to fish, boat, swim, hike and play games.

“I’ve been on all eight Legacy Runs, so I know what Legion Riders can get done when they take on a task,” says Ken “Rhino” Rynes, Wisconsin’s department commander. He organized the charity ride in 2010, and it’s gotten bigger every year, raising a total of \$35,000 for the camp.

“We’re just helping our buddies, like we did when we served,” says Scott Schumell, an Army reservist and Legion Rider from Post 44 in Wabeno.

Chicago Doctor Invents

Affordable Hearing Aid

Amazing new digital hearing aid breaks price barrier in affordability

Reported by J. Page

Chicago: Board-certified physician Dr. S. Cherukuri has done it once again with his newest invention of a medical grade **ALL DIGITAL** affordable hearing aid.

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Dr. Cherukuri knew that many of his patients would benefit but couldn't afford the expense of these new digital hearing aids, which are generally *not* covered by Medicare and most private health insurance.

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VETERANS DAY

'Never in my wildest dreams'



The theme for this month's Veterans Day parade in New York City is "Women in Service." Retired Gen. Ann Dunwoody, the U.S. military's first female four-star general, will serve as grand marshal of the nation's largest Veterans Day parade on Nov. 11.

Before retiring, Dunwoody ran the Army's largest global logistics command, comprising 69,000 military and civilians in all 50 states and more than 140 countries. She managed a budget of \$60 billion and oversaw \$70 billion in service contracts.

Today Dunwoody is president of First 2 Four, LLC, a leadership mentoring and strategic advisory services company. *The American Legion Magazine* recently spoke with Dunwoody.

Why did you choose to make a career in the military?

Even though I come from four generations of West Pointers, the thought of joining the Army never crossed my mind. I loved sports and from a very early age knew I wanted to be a coach and physical education teacher. During my junior year in college, I was offered an opportunity to participate in a program that was focused on bringing more women into the Army. If you were accepted, they paid you \$500 per month during your senior year and offered you a commission upon graduation, with a two-year commitment. This was too good to turn down. Once I entered the Army, I was surprised to find how much I loved being a soldier and how much I loved leading soldiers. I remember telling my dad that I was going to stay in as long as I enjoyed it and as long as I could make a difference. Two years turned into five years, 10 years, 20 years ... until my retirement after 38 years of service.

What would you tell young women who are considering serving?

I would tell them that what I witnessed over my 38 years of service is that the door of opportunities continued to open and continues to do so. Never in my wildest dreams did I ever think I would command a battalion in the 82nd Airborne Division, and never in my wildest dreams did I ever think I would be a four-star general. My niece, an Air Force Academy graduate and now a major, is an A-10 pilot who has been deployed to Afghanistan and flown combat missions. The bench is very deep and talented.

Is the military doing enough to recruit top female candidates?

I think the armed forces does a pretty good job of recruiting women and provides an outstanding opportunity for all who are qualified to serve. Sometimes we tend to focus on quantity vs. quality. Diversity really is a strength, and we should be on the lookout for the very best talent out there.

What does it mean to you to be honored as grand marshal?

There are so many heroic and distinguished veterans who would have been wonderful representatives of our nation's veterans, and the fact that I was chosen to do so is extremely humbling.

American Legion, Auxiliary and SAL members are encouraged to participate in the Nov. 11 parade. Those interested in marching with the Legion Family delegation should email parade@americanlegion.com. Details will be posted online at www.americanlegion.com/_/Parade.html. The parade will air live in 10 major Fox TV markets nationwide.

ASK A SERVICE OFFICER

How to establish service connection



Cajun Comeau
Department Service
Officer, North Carolina

Q: How can I know if my disability is service-connected?

A: Currently, there are five ways to establish if a disability is service-connected:

■ **Direct service connection** This is the most

straightforward way for a veteran to establish service connection for a current disability. The best approach is to provide medical evidence of your current disability and evidence that the disease or injury occurred in service.

■ **Pre-existing injury aggravated by time in service** With this claim, a veteran would usually have some evidence, such as an entrance examination showing that a condition existed before entering military service, accompanied by evidence of an incident occurring in service with a link between the two.

■ **Service connection by legal presumption** Certain diseases or injuries are presumed to be service-connected, e.g., a veteran developing cardiovascular disease due to service-connected amputation of a lower limb.

■ **Secondary service connection** This is when one disability is the result of another service-connected disability.

■ **Connection due to injury caused by treatment in the VA health-care system** If a veteran is injured due to VA hospitalization, treatment, rehab or therapy that is not the veteran's fault, the injury is treated as service-connected.

Contact an American Legion-accredited service officer in your state for further assistance:

 www.legion.org/serviceofficers

Do you have a question for Department of North Carolina Service Officer Cajun Comeau about the claims process or veterans benefits in general? Send it to askso@legion.org.

Enjoy A Bath Again... Safely and Affordably

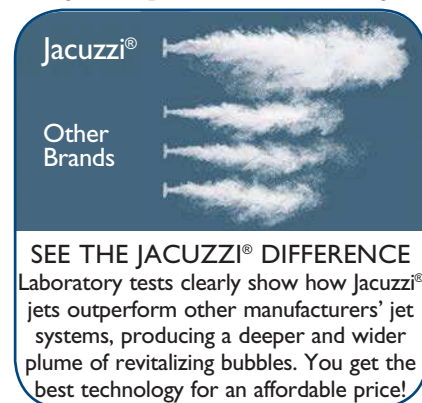


*The Jacuzzi® Walk-In tub is luxurious,
feature-packed and affordable*

There is nothing like the simple pleasure of taking a warm bath. The cares of the day seem to fade away, along with the aches and pains of everyday life. Unfortunately for many aging Americans with mobility issues, slipping into a bath can result in slipping onto the floor. The fear of falling has made the simple act of bathing and its therapeutic benefits a thing of the past until now. Jacuzzi®, the company that perfected hydrotherapy, has created a walk-in tub that offers more than just safe bathing, peace-of-mind and independence, it can actually help you feel better.

Unlike traditional bathtubs, this Walk-In Tub features a leak-proof door that allows you to simply step into the tub rather than stepping precariously over the side. It features a state-of-the-art acrylic surface, a raised seat, and the controls are within easy reach. No other Walk-In Tub features the patented Jacuzzi® PointPro® jet system. These high-volume, low-pressure pumps feature a perfectly balanced water to air ratio to massage thoroughly yet gently.

Some swirl, some spiral, some deliver large volumes of water and others target specific pressure points. They are all arranged in precise locations designed



to deliver a therapeutic massage, yet they are fully adjustable so that your bathing experience can be completely unique.

Why spend another day wishing you could enjoy the luxury and pain-relieving benefits of a safe, comfortable bath? Call now and you'll get an unsurpassed limited lifetime warranty. Knowledgeable product experts are standing by to help you learn more about this product. Call Today!

What To Look For in a Walk-In Tub:

Five major considerations to help make an informed decision before buying a Walk-In Tub:

- ✦ **Quality** - A walk-in tub is a major investment. You want to find a quality tub that will last for decades. Look for one that's 100% leak-proof, mold-resistant, full metal frame construction and one that's American made.
- ✦ **Warranty** - Ask for a lifetime "no leak guarantee." The best tubs offer a lifetime warranty on both the tub and the operating system.
- ✦ **Pain Relieving Therapy** - Find a tub that has both water and air jet therapy to soak away your aches and pains preferably with a perfectly balanced water to air mix. This tub is the first to offer a specialized foot massage experience. Its unique spinning motion provides optimal therapy to feet and legs. Best of all, you get it at no additional charge.
- ✦ **Comfort** - Insist on ergonomic design, easy-to-reach controls.
- ✦ **Endorsements** - Only consider tubs that are ETL or UL listed. Also look for a tub tested to IAPMO (International Assoc. of Plumbing and Mechanical Officials) standards and that's USPC (Universal Spa Plumbing Code) Certified.

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SOCIETY

America's most embarrassing cars

A survey conducted by CarInsurance.com asked respondents to name the most embarrassing cars on U.S. roads. Here are the top (or bottom) 10:

- 1 smart fortwo (*below*)
- 2 Nissan cube
- 3 Hummer H2
- 4 Chevrolet SSR
- 5 Volkswagen New Beetle
- 6 Subaru Baja
- 7 Lincoln Town Car
- 8 Pontiac Aztek
- 9 Chrysler PT Cruiser
- 10 Honda Element



VERBATIM

“Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day and leave out the gratitude.”



E.P. Powell, American author and journalist (1833-1915)

MEDIA

That's news to me

55

Percent of Americans who say they get their news from TV

9

Percent who say they get news from print

21

Percent who say they get news from the Internet

6

Percent who say they get news from radio



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Our roomy Swollen Feet Loafers have adjustable magic one touch flap closures for easy access and a custom, non-binding fit. Orthopedic design provides comforting relief from edema, corns, sores and bunions, plus added warmth for poor circulation. Extra roomy for wide feet, too. Washable polyester and acrylic import value. Ladies' sizes 5-10½; men's sizes 6-12. Get **FREE SHIPPING** when you order now.

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#357 Women	S (5-6)	M (6½-7½)	L (8-9)	XL (9½-10½)	Card#	Expiration Date / /		
Tan								
Black								
#358 Men	S (6-7)	M (7½-8½)	L (9-10)	XL (11-12)				
Tan								
Black								
Pair(s) Loafers @ \$12.97 pr.					\$			
CA residents must add 7.5% sales tax					\$			
Add \$2.00 handling per order					\$ 2.00			
FREE REGULAR SHIPPING					\$ FREE			
<input checked="" type="checkbox"/> FOR EXPEDITED SHIPPING (optional) Add An Additional \$2.95 (receive your order 5-7 days from shipment)					\$ 2.95			
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CAREERS

E-notes are the new cover letter



Just as résumés have changed as a result of technology and social media, so have cover letters. In fact, as a professional résumé writer, I don't use cover letters anymore. I write e-notes instead.

E-notes are usually sent electronically in the body of an email message or uploaded to a job board. They're letters with about half the content of a traditional cover letter in half the space, yet still communicating the whole message of who you are, what you do and how well you do it.

Here are a few tips for writing effective e-notes:

- Format and structure is shorter, with more streamlined content.
- Content is highly selective and tied directly to the advertised job.
- Writing style is concise and to the point.
- Visual presentation is easily scannable.

The greatest challenge in writing anything, including e-notes, is deciding what to include. Consider the following tips:

- Showcase your three or four most notable achievements or qualifications, on one line if possible.
- Write a short career story, but only if the story is interesting, engaging and unique.
- Focus on a specific theme, highlighting your skills and achievements that support it.
- Detail the key requirements in the job posting, letting the recruiter or hiring manager know that you have the precise skills and experience they're requesting.

Should you write your e-notes in paragraphs or use bullet points? There is no single answer to that question, since it depends entirely on the information you're including. If it's a story, use a paragraph; if you're listing individual achievements or skills, bullet points often work best.

Write tight, lean and clean, and your e-notes will capture the attention they deserve.

Wendy Enelow is co-author of "Expert Résumés for Military-to-Civilian Transitions" and "Executive Résumé Toolkit."

VERBATIM

All businesses need to be young forever. If your customer base ages with you, you're Woolworth's. The No. 1 rule has to be: don't be boring.



Jeff Bezos, founder and chief executive of Amazon.com and new owner of *The Washington Post*, in a series of meetings with reporters and editors. Bezos paid \$250 million for the newspaper and affiliated publications.

Source: *The Washington Post*

EDUCATION

The 10-year VEAP window



Q: I served in the Marine Corps from 1978 to 1982 and qualify for the Veterans Educational Assistance Program (VEAP). To do so, I contributed a total of \$2,000. Am I still eligible to receive education benefits under VEAP? If not, did I lose the money I contributed?

A: Unfortunately, you had 10 years from the time you were discharged to take advantage of VEAP. If you wish to withdraw the contributions you made, obtain and complete VA Form 22-5281,

Application for Refund of Educational Contributions, and send it to your nearest VA regional office.

Valerie Heffner, a Marine Corps veteran and member of American Legion Post 27 in Arizona, is a past vice president of the National Association of Veterans' Program Administrators. askvalerie@legion.org

MEMBERSHIP

NEW POSTS

Lt. Col. Charles J. Blackwood Sr. Post 800, Chicago
Chartered Sept. 20 (15 members)

Central Missouri Women Veterans Post 1111, Columbia, Mo.
Chartered Sept. 16 (15 members)

Bushnell Veterans Post 403, Bushnell, Fla.
Chartered Aug. 16 (15 members)

Gary L. Lemonds Post 332, Social Circle, Ga.
Chartered Aug. 5 (34 members)

Breakthrough technology converts phone calls to captions.

New amplified phone lets you hear AND see the conversation.

The Captioning Telephone
converts phone conversations
to easy-to-read captions
for individuals with
hearing loss.

Do you get discouraged when you hear your telephone ring? Do you avoid using your phone because hearing difficulties make it hard to understand the person on the other end of the line? For many Americans the telephone conversation – once an important part of everyday life – has become a thing of the past. Because they can't understand what is said to them on the phone, they're often cut off from friends, family, doctors and caregivers. Now, thanks to innovative technology there is finally a better way.

A simple idea... made possible with sophisticated technology. If you have trouble understanding a call, the Captioning Telephone can change your life. During a phone call the words spoken to you appear on the phone's screen – similar to closed captioning on TV. So when you make or receive a call, the words spoken to you are not only amplified by the phone, but scroll across the phone so you can listen while reading everything that's said to you. The captioning function can be turned on as needed. Each call is routed through a call center, where computer technology – aided by a live representative – generates immediate voice-to-text translations. The captioning is real-time, accurate and readable. Your conversation is private and the captioning service doesn't cost you a penny – all you need is a high-speed Internet connection from any Internet provider and a standard phone line. Callers do not need special equipment or a captioning phone in order to speak with you.



**SEE what you've
been missing!**



**"For years I avoided phone calls because
I couldn't understand the caller...
now I don't miss a thing!"**

Finally... a phone you can use again. The Captioning Telephone is also packed with features to help make phone calls easier.

The keypad has large, easy to use buttons. You get adjustable volume amplification along with the ability to save captions for review later. It even has an answering machine that provides you with the captions of each message.

See for yourself with our exclusive home trial. Try the Captioning Telephone in your own home and if you are not completely amazed, simply return it within 30-days for a refund of the product purchase price.

Captioning Telephone

Call now for our special introductory price!

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1-877-505-4276

Please mention promotion code 47203.

The Captioning Telephone is intended for use by people with hearing loss. In purchasing a Captioning Telephone, you acknowledge that it will be used by someone who cannot hear well over a traditional phone.

PERSONAL FINANCE



Unlock the mystery of required minimum distributions

The year is quickly winding down. For millions of Americans, that means the window for taking annual required minimum distributions (RMDs) from IRAs and other retirement plans is closing. And if the conversations I have on a regular basis are any indication, the rules surrounding these remain a mystery to many, despite Congress' simplification in 2002.

Retirement plans such as 401(k)s, 403(b)s, the Thrift Savings Plan and IRAs are designed to encourage folks to save for retirement by providing a tax incentive in the form of income-reducing contributions and/or tax-sheltered accumulation. In other words, you're able to hold the IRS at bay and build your nest egg by participating in these types of plans. But the IRS is intent on getting its share, and the RMD rules ensure it by requiring you to begin removing money from these plans – and paying the appropriate taxes – beginning at age 70½. Here's what to know as you prepare for the IRS onslaught:

- **You must take your first distribution in the year you turn 70½.** However, the first distribution – and only the first – can be delayed until April 1 of the year after you turn 70½.



For example, say you turn 70 on Nov. 15, 2013, and will be 70½ on May 15, 2014. Your first distribution is required to be taken by Dec. 31, 2014. So you could take it at any point in 2014 or delay it until April 1, 2015. If you choose the latter, you will have to take two distributions that year since all distributions after the first one must be taken before Dec. 31.

■ **The "minimum" is just that.** While the IRS has a robust set of rules regarding the minimum amount you must withdraw, you are entitled to take all you want from your retirement savings. IRS Publication 590 provides Table III, Uniform Lifetime, to help you determine how much you must withdraw. This table works for everyone except those married to a spouse who is more than 10 years younger and is the sole beneficiary of the plan. There's a separate table for those cases.

- **Simply take the prior year's Dec. 31 value of your retirement account and divide it by the IRS-provided factor to determine how much must be withdrawn.** You can take as much as you want from your IRA plans, but don't take too little. The IRS levies a 50-percent tax on any

required amount not withdrawn.

- **Multiple plans require multiple calculations.** You must calculate your RMD from each IRA or employer plan separately, but you can withdraw it from one or more than one of the accounts – as long as they're of the same type. For example, if you have three IRAs, you could calculate the RMD for each but withdraw the total required amount from one.

- **Can't do it for your spouse.** In many cases, the IRS considers things like income, deductions and exemptions to be a team game for married couples. Not so with RMDs, which must come from the account owner's funds.

Hopefully, this helps you better understand some of the nuances surrounding RMDs as you head out to meet with your tax adviser.

J.J. Montanaro is a certified financial planner for USAA, The American Legion's preferred provider of financial services. Submit questions for him online.

www.legion.org/focusonfinances

Tiny Asbestos Fibers Cause Mesothelioma

Asbestos fibers too small to count with the naked eye were used in all U.S. military branches.

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How a Safe Step Walk-In Tub can change your life

Remember when...

Think about the things you loved to do that are difficult today — going for a walk or just sitting comfortably while reading a book. And remember the last time you got a great night's sleep?

As we get older, health issues or even everyday aches, pains and stress can prevent us from enjoying life.

So what's keeping you from having a better quality of life? Check all the conditions that apply to you.

Then read on to learn how a Safe Step Walk-In Tub can help.

Feel better, sleep better, live better

A Safe Step Walk-In Tub lets you indulge in a warm, relaxing bath that can relieve life's aches, pains and worries.

It's got everything you should look for in a walk-in tub:

- Pain-relieving therapy — Air and water jets help you sit more comfortably, move more easily and even relax and sleep better.
- Safety features — Low step-in, grab bars and more allow you to bathe safely and maintain your independence.
- Quality and value — Safe Step Tubs are made in the U.S.A. and have the best warranty in the business.



A Safe Step Tub can help increase mobility, boost energy and improve sleep.



Personal Checklist:

- | | |
|--|--|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Headaches |
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Warranty on the
Tub, Door Seal
and Faucets



How to submit a reunion

The *American Legion Magazine* publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280, e-mail reunions@legion.org or submit information via our website, www.legion.org/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing only once a year.**

Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280 or e-mail reunions@legion.org.

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life

memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

63rd Trp Carrier Wing (H), Greenville, SC, 4/11-14, Shirley Holmquist, (864) 226-6869, keshi@charter.net; **Race Relations Div, Social Actions Unit (1972-1978)**, Fairfield, IA, 5/2-4, John Miller, (641) 209-1039, jcmiller69@msn.com; **Strat Air Cmd Abn Cmd Cntl Assn (SAC ACCA)**, Rapid City, SD, 6/25-29, Rod Berlin, (937) 469-5473, rodney.berlin@ngc.com

ARMY

24th Evac Hosp (Vietnam), Branson, MO, 9/11-14, Thomas Catalano, (315) 786-0429, tpcatalano@live.com; **629th Ord Supply Parts (Qui Nhon, Vietnam)**, Laughlin, NV, 6/9-13, Gary Matthews, (402) 658-0466, gmatt41347@aol.com; **Aerial Rocket Arty Assn**, Branson, MO, 6/18-22, Asa Talbot, (540) 298-7546, asatalbot@juno.com; **Grenada Task Force 2-505 Parachute Inf Rgt / 82nd Abn Div 30th Anniv**, Charleston, SC, 11/1-2, Dave McNeil, (404) 931-3434, dave.mcneil@hannahsolargov.com; **HQ Plt 202nd MP Co (Ingrandes Gen Depot, France)**, Sun City Center, FL, 1/23-25, Ken Moe, (262) 781-3173, kdmoe@wi.rr.com

COAST GUARD

Campbell WPG 32/WMEC 909, Portland, ME, 5/8, Bob Dell, (610) 222-4645, rbard1@verizon.net; **Taney WPG/WAGC/WHEC 37**, Baltimore, 12/7, Jim Kitchen, (559) 240-8736, j.kitchen@att.net

JOINT

Welcome Home Vietnam Vets, Jacksonville, AR, 4/5, Danna Kay Dugger, (501) 241-1943, jaxmilmuseum@gmail.com

MARINES

HAWK Assn, New Bern, NC, 5/19-22, Stan Buliszyn, (352) 509-2043, sb353@usmchawkassociation.com

NAVY

Brinkley Bass DD 887, Portland, OR, 7/23-28, Tom Camp, (901) 481-0583, presidentussbrinkleybassdd887@gmail.com; **Cutlass SS 478**, Branson, MO, 5/14-18, Charles Weaver, (410) 868-0708, chip423@verizon.net; **CVA 19 & All Air Wings**, Jacksonville, FL, 4/24-27, Donovan Eskesen, (815) 842-4132, dece1968@yahoo.com; **East Coast All Seabees**, Hampton, VA, 2/21-23, Bruce MacDougall, (804) 921-4753, seabeemacd40@verizon.net; **Eaton DDE 510**, Dubuque, IA, 7/1-5, Fred Hinz, (631) 220-9750, catsupman@optonline.net; **Hancock CV/CVA 19**, Jacksonville, FL, 4/24-27, Max Pate, (813) 972-1417, max-pate@tampabay.rr.com; **Harry E. Hubbard DD 748**, Baton Rouge, LA, 5/14-18, Dick Oliver, (727) 363-3059, richard.oliver748@gmail.com;

Heli Light Sqdn 3 (HAL-3), Grapevine, TX, 9/3-7, Gary Ely, (619) 443-0985, gleseawolfdet9@cox.net; **Henry B. Wilson DDG 7**, Fort Lauderdale, FL, 4/17-28, Penney Marks, (520) 398-3996, pemarks@ddg7.com; **Ingraham DD 694**, Charleston, SC, 4/30-5/3, Gregory Miller, (814) 695-3246, gmamflyer@verizon.net; **John W. Thomson DD 760**, Long Beach, CA, 7/23-26, Bob Soukup, (562) 230-2021, president@dd760.org; **Mine Sqdn Ten**, Moncks Corner, SC, 5/2-4, Charles Pucilauskas, 1-800-922-7378, bugbusters50@sbcglobal.net; **Monongahela**, Virginia Beach, VA, 5/14-18, Scott Anderson, (757) 620-0833, qm1a@msn.com; **Naval Facility Barbados**, Oistins, Barbados, 4/16-22, M. Noonan, (802) 318-1761, barbadosreunion@gmail.com; **Observation Island EAG 154**, Cocoa Beach, FL, 1/14-15, Dave Campbell, (956) 489-4262, obsisland154@outlook.com; **Palau CVE 122**, Lancaster, PA, 4/27-30, Harry Weldy, (410) 658-6043, hweldy@zoominternet.net; **Postal Clerks**, Charleston, SC, 4/27-5/1, Russ Nichols, (843) 552-9629, pegnicho@aol.com; **Power DD 839**, Jacksonville, FL, 5/15-19, John Pinto, (352) 527-2352, jpinto839@gmail.com; **Rich DD/ DDE 820**, St. Petersburg Beach, FL, 5/12-16, Jim Chester, (937) 672-8568, reunion2014@ussrich.org

LIFE MEMBERSHIP

Post 24, FL: Richard Lanois Sr., Henry C. Ward Jr.
Post 69, FL: Joseph O. Bueche, Robert E. Burke, Douglas C. Deierlein, Gerald R. Telling
Post 42, IN: Michael T. Sallee
Post 59, WI: Donald Heiliger

IN SEARCH OF

2nd Radio Sqdn Mobile Det D (Berlin, 1953-1954), Frank Helman, (207) 633-6336, frankhelman@polaris.net
305th Ftr Cont Sqdn 1704th Sig Serv Co Avn 529th AC&W Sqdn, Mike Romanos, (318) 425-1597
454th Bomb Wing (SAC) Softball & Basketball Teams (Columbus AFB, MS, 1963-1965), John Morgan, (615) 833-5939, cpm12541@comcast.net
491st Eng Bn (Huntingdon, PA), George Dam, (814) 695-7409
504th Bomb Grp (VH) 398th Sqdn (Tinian, Marianas Islands, Jan-Aug 1945), Harold Mull, (703) 978-7004
524th MP Co, Joseph Kareckas, (616) 356-2512, jkareckas@yahoo.com
529th Light Truck (Phan Rang, Vietnam, Dec 1966-Jan 1967), Jim Humm, (330) 671-7191, da174g@gmail.com
547th Eng Bn (Darmstadt, Germany, 1967-1968), J.W. Horton, (864) 316-1885, jsbbq@att.net
591st Eng Co (1966-2013), Ken Kiel, (414) 529-7731, kccconst@wi.rr.com
595th Eng Co (1966-2013), Ken Kiel, (414) 529-7731, kccconst@wi.rr.com

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621st AC&W Sqdn (Sakata, Japan, 1948-1949), Robert Heim, (775) 575-2340
773rd Radar Sqdn, Spencer Rych Kuratomi, (910) 987-7590, spencer.r.kuratomi@us.army.mil
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Plt 224 Grads & Drill Instructors (Parris Island, SC, 1963), Tom Breese, (319) 330-4050, captrb@gmail.com
Plt 295 (Parris Island, SC, June 1951), James Woody, (828) 768-2432
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TAPS

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Ralph L. Stone, Dept. of New Jersey. Dept. Cmdr. 1988-1989, Nat'l Distinguished Guests Cmte. Vice Chmn. 1980-1982 and Nat'l Veterans Affairs & Rehab. Cmsn. Exec. Session Memb. 1983-2004.
Robert "Bill" Sweet, Dept. of Indiana. Dept. Cmdr. 1972-1973, Nat'l Internal Affairs Cmsn. Consultant 1973-1978 and Nat'l Public Relations Cmsn. Memb. 1978-1998.
Wesley R. Wharton, Dept. of California. Nat'l Foreign Relations Cncl. Vice Chmn. 1999-2001, Nat'l Exec. Cmte. Alt. Memb. 2006-2008 and Nat'l Econ. Cmsn. Memb. 2001-2013.

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A STUDENT complained to his professor, "I don't think I deserve a zero on this research paper."

"I agree," the professor replied, "but it's the lowest mark I can give."

AN EARTHQUAKE rattled a town's inhabitants, so one couple sent their boy to stay with his uncle in another state. Two days later, they received a message: "Returning boy. Send earthquake."

A MAN got fired from his construction job. His friend asked him what happened.

"You know what a foreman is?" the man asked.

"The guy who stands around and watches the other men work? What's that got to do with it?"

"Well, he was just jealous of me. Everyone thought I was the foreman."

A MINISTER was fond of pure horseradish and kept a bottle of it on his table. He offered some to a guest, who unwittingly took a big spoonful.

When the guest could speak again, he gasped, "A lot of ministers preach hellfire, but you're the first one I've come across handing out samples!"

A LAWYER said to his wealthy client, "He claims to be related to you and says he can prove it."

"The man's a fool!" the client thundered.

"That may just be a coincidence."



"A few of them look like you, but the rest look like their mother."

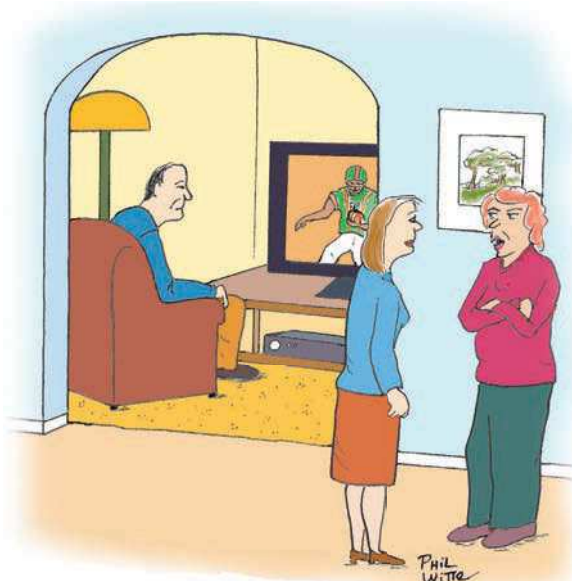
A BUSINESSMAN called his creditors together to inform them that he was going into bankruptcy.

"I owe you all more than \$100,000 and my assets aren't enough to pay 5 cents on the dollar," he said. "You won't be getting anything back unless you want to cut me up and divide me among you."

After a moment, one of the creditors said, "Let's do it. I'd like that gall."

DID YOU HEAR about the cooking school valedictorian? She passed her final examination with flying crullers.

"SOME PARK RANGERS in California found a plot on which someone grew 500,000 pounds of marijuana. They assume this pot was grown by humans, but I wouldn't rule out bears. Think about it. They sleep three months a year, all you ever see them doing is rummaging through the trash trying to find food, and their leader's name is Smokey." – Jimmy Kimmel



"I want to go on a romantic cruise, but he gets emotion sickness."



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Turner W. Branch, a principal and senior partner of the Branch Law Firm, retired as a 1st Lieutenant in the United States Marine Corps in 1968. He served on active duty in Camp Pendleton, California and at the Marine Corps Air Facility (MCAF) in Santa Ana, California. While at Camp Pendleton he served with the Second Battalion, Fifth Marines, First Marine Division (FMF) USMC.

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